*липень-серпень 2007*
*July - August 2007*

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СОЮЗ УКРАЇНОК КАНАДИ

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РІК XXXXVII ЛИПЕНЬ-СЕРПЕНЬ Ч.7
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**Hamilton, Ontario, Canada**
**L8P 4X1**
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e-mail -promin@sympatico.ca

PROMIN
published monthly by
UKRAINIAN WOMEN'S
ASSOCIATION OF CANADA
VOL XXXXVII JULY-AUGUST No.7

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Telephone 905-572-9626
Subscription in Canada - $25.00
Other Countries - US $30.00
Single copy - $3.00
(GST is included)
*The editors reserve the right to edit submitted materials*
Publication Mail Registration No. 09580
International Standard Serial number
ISSN 038021-40
Agreement No. 40011733

Формат - Оксана Сушко
Layout - Oksana Sushko

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***We acknowledge the financial support of the Government of Canada, through the Publications Assistance Program (PAP) toward our mailing costs, PAP Registration No. 09580***
(logo from http:/www.canadianheritage.gc.ca/logos)
Canada

Front cover:
"Teaching Ukrainian Embroidery" -
*William Kurelek*

From the
UWAC Collection

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# Редакційна
# Editorial

СЛАВА ІСУСУ ХРИСТУ!

Літо, це час відпочинку, родинних зустрічей і особистого відживлення, фізичного і духового. Це також час на рефлекції, різних громадьких і особистих обов'язків і проєктів, які потребують нашої [illegible]сти і опіки.

Жінка несе велику відповідальність за загальне добро і позитивний розвиток нашого суспільства. Отож пропонуємо Вам вірша Наталі Шудравої "Я жінка". В цьому вірші підкреслено всі характерні особливості жінки, які повинні служити нам як надхнення для виконання того всього, що сама природа накладає на нас.

Я ЖІНКА

Я - жінка, а отже, повинна уміти
Земною й небесною бути водночас,
Коли навіть небо захмарюють біди,
Доводиться жити у виснажливий час.
Я -жінка, тому не повинна здаватись
Ні втомі, ні зраді, ні лінощам втіх,
Ні збігу обставин, ні заздрощам ласих.
Терпіння мого вистачає на всіх.
Я - жінка, а значить, боротись
повинна
Душею й руками за все дороге,
За все найсвятіше, високе й безвинне,
Бо я - берегиня, хто це збереже?
Я - жінка, тому без кінця працювати
Належить мені у надхненні святім,
Бо я - таки жінка, тому я у Бога
благою
Терпіння і мудрости, й ледь співчуття,
Тоді я зумію сіяти надію,
Що дітям моїм буде краще життя.
Я - жінка, а отже, повинна уміти
Земною й небесною бути водночас,
Коли навіть небо захмарюють біди,
Доводиться жити у виснажливий час.

Бажаємо всім спокійного, веселого і радісного відпочинку.

*Орися Сушко*

Taking a little time off this summer has given me the opportunity to reflect on one of the most important things in life: friendship. The bustle of life can easily overtake us and send us into oblivion to those whose love, support and companionship we deeply cherish. Each day, I thank God a hundred times for blessing me with the most wonderful friends and family I could ever wish for. I'm sure we can all remember a time when an angel fluttered into our lives at exactly the right moment, just in time to reveal some truth to us, or to support and encourage us in a time of sorrow or strife. These are the angels that the Lord sends to reveal His ultimate love for us -- the gentle wings that guide us along bumpier paths. And they manifest themselves as our dearest friends.

In 1926, poet Kahlil Gibran write this tribute to friendship:

Your friend is your needs answered.
He is your field which you sow with love and reap with thanksgiving.
And he is your board and your fireside.
For you come to him with your hunger, and you seek him for peace.

When your friend speaks his mind you fear not the "nay" in your own mind, nor do you withhold the "ay".
And when he is silent your heart ceases not to listent o his heart;
For without words, in friendship, all thoughts, all desires, all expectations are born and shared, with joy that is unclaimed.
When you part from your friend, you grive not;
For that which you love most in him may be clearer in his absence, as the mountain to the climber is clearer from the plain.

Thank you, Lord, for friends.

*Oksana*

# Citizenship: A Canadian Story

## *60 Years of Canadian Citizenship*

CANADIAN CITIZENSHIP

CITOYENNETÉ CANADIENNE

*Citizenship and Immigration Canada has prepared Citizenship: A Canadian Story as part of the celebrations marking the 60th anniversary of Canada's first citizenship act.*

*This is not a full history—more of a scrapbook. The entries are representative, not comprehensive. They are snapshots showing how far we have come, and in some cases, how far we still have to go. But together they tell a story of the value of Canadian citizenship, the greatness of the accomplishments of those who embrace the principles of good citizenship, and how proud we are to be Canadians.*

*We pick up the story the year that Canada's first citizenship act comes into effect ...*

*Here are highlights of 60 years of Canadian citizenship by decade:*

**1947** The Canadian Citizenship Act comes into force on January 1. Up until then, Canadian nationals were considered to be British citizens under the law. By passing this groundbreaking legislation, Canada becomes the first Commonwealth country to have its own citizenship category separate from Great Britain.

A historic and emotional ceremony is held on January 3 in the Supreme Court of Canada chambers, where 26 people are presented with Canadian citizenship certificates. Prime Minister William Lyon Mackenzie King is honoured with the first citizenship certificate. Another recipient is Yousuf Karsh, the Armenian-born photographer.

**1948** The United Nations adopts the Universal Declaration of Human Rights recognizing fundamental rights and freedoms throughout the world. A French UN official wins the Nobel Prize in 1968 for being the father of the Universal Declaration, but many years later McGill University researchers discover that John Peters Humphrey, a Canadian born in Hampton, New Brunswick, is the principal author. John Humphrey had been director of the human rights division at the UN, wrote the declaration out by hand and ushered it through UN approval.

When Humphrey is eventually honoured with a UN Human Rights Award, he still humbly insists that credit belongs to the hundreds who worked on the final declaration. Humphrey dies in 1995. A Canadian commemorative stamp is issued October 7, 1998, to mark the 50th anniversary of the declaration and to honour John Humphrey.

**1957** Canada's Lester B. Pearson is awarded the Nobel Peace Prize. The year before, Pearson, a distinguished career diplomat instrumental in forming the UN and NATO, averted a world war over control of the Suez canal by getting all countries involved to agree to create a neutral UN force to keep the peace.

The Nobel committee that chooses Pearson says he has "saved the world." Pearson, the inventor of UN peacekeeping, later becomes Prime Minister.

**1955** Close to 59,000 people become Canadian citizens.

**1960** Prime Minister John Diefenbaker proudly presents the Canadian Bill of Rights. It rejects discrimination by reason of race, national origin, colour, religion, or sex. In the lower right-hand corner of the bill, these words are written:

"I am a Canadian, a free Canadian, free to speak without fear, free to worship God in my own way, free to stand for what I think is right, free to oppose what I believe is wrong, free to choose those who shall govern my country. This heritage of freedom I pledge to uphold for myself and all mankind."

**1965** A new Canadian flag is finally born. Previous attempts to agree on a national flag had failed. However, in 1964, with the Canadian centennial approaching, Prime Minister Lester B. Pearson informed the House of Commons that the search was on for a new flag.

This flag is chosen after countless stormy debates across the country—many Canadians are very loyal to the

Union Jack—and after contemplating over 2,000 potential designs. The winning design comes from George Stanley, dean of arts at the Royal Military College in Kingston.

On February 15, in front of a huge and enthusiastic crowd, Canada's new maple leaf flag is raised for the first time at noon during a special ceremony on Parliament Hill in Ottawa. The same sort of flag-raising ceremony is replayed across the country as Canadians in cities, towns and neighbourhoods gather to raise the red and white maple leaf.

**1977** The Citizenship Act and related Citizenship Regulations come into force on February 15. This new Act removes the bias towards British immigrants inherent in the 1947 Canadian Citizenship Act and reflects the realities of the new source countries for immigration to Canada. Before 1970, most immigrants were of European origin, but half of all newcomers are now from Asia and the Middle East. Under the new Act citizenship becomes a right, not a privilege.

**1978** A record 223,214 people become Canadian citizens, the highest number of new Canadians in one year since statistics started to be kept officially in 1920. (Only 3,004 people were issued naturalization certificates in 1920.)

**1980** The song O Canada is officially proclaimed our national anthem on July 1. O Canada has been around for a long time by this point in our history, though. It was originally introduced as a patriotic song in Quebec City, in French, on June 24, 1880—almost exactly a hundred years earlier.

1982 On the lawns of Parliament on April 17, Prime Minister Pierre Elliott Trudeau realizes a dream as Queen Elizabeth signs the agreement that brings home Canada's constitution. Before this, Canada could not amend the 1867 British North America Act independently of the British Parliament. A centrepiece of Canada's new Constitution Act is the landmark Canadian Charter of Rights and Freedoms. Courts can now strike down legislation on the basis of violations against the Charter. The new constitution and charter of rights fundamentally reshape Canada's laws and institutions.

**1992** The United Nations Human Development Index ranks Canada as the best place in the world to live. Canada comes out on top three more times during the 1990s in the Human Development Index—in 1994, 1995 and 1996.

**1995** Close to 228,000 people become Canadian citizens this year.

**1999** Pier 21 in Halifax , a gateway to Canada, reopens as a national historic site on July 1. From 1928 to 1971, Pier 21 was Canada's front door for over a million immigrants, wartime evacuees, refugees, troops, war brides and their children.

A refurbished Pier 21 now pays tribute to those who passed through her doors. These immigrants helped build Canada and changed the face of this country forever.

**2001** In the hours following the September 11 terrorist attacks on the United States, the U.S. closes its air space. Murray Osmond, the lone Citizenship and Immigration employee working at the Gander International Airport, calls the St. John's office for reinforcements as he guesses the airport is a logical haven for the diverted planes. By the end of the day, 39 airplanes have landed, and more than 6,500 travellers have spilled out onto the Gander airport tarmac.

Many lives are changed forever. The people of Gander and surrounding Newfoundland communities take in these travellers, showing why Atlantic Canadians have a reputation as some of the most welcoming and generous people on earth.

**2005** 196,308 people take the oath of citizenship and become Canadians this year. Broken down by province of residence, more than half—115,636—take their oath of allegiance in Ontario. British Columbia has the second highest number at 33,795. Another 28,200 are in Quebec. Alberta has the fourth largest number of newly minted Canadians at 12,309. Nunavut has the smallest number of new citizens this year: four.

**2006** On National Flag of Canada Day, the first Canadian flag to fly from the Peace Tower on Parliament Hill back in 1965, now cleaned and restored, is presented to the Canadian government. The flag goes on public display at the Canadian Museum of Civilization.

**2006** Since 1947, over six million people have been granted Canadian citizenship.

**2007** January 1 was the 60th anniversary of Canada's first citizenship act.

*Source: Citizenship and Immigration Canada website - www.cic.gc.ca*

# Ukrainian Independence 16th Anniversary

*In recognition of the 16th anniversary of Ukraine's Independence, we have decided to feature items of interest about Ukraine, including some developments since that historic date in 1991.*

## Festivities Multiply since Ukrainian Independence

Ukrainians have a history of celebration, but with the advent of the country's independence in 1991, festivals of all kinds have exploded on the cultural scene. Layered with culture, customs, music, and art these festivals offer visitors a healthy taste of the country's passionate approach to life.

Ukrainian cultural festivals abound and are often celebrated in conjunction with national holidays. Other festivals like the Hutsul Annual International Festival strike at the heart of Ukrainian culture and provide visitors with quite an education. Several thousand Ukrainians celebrate the culture of the Hutsul people living in the Carpathian region at this annual festival.

This celebration of Hutsul culture originated in 1991 after Ukrainian independence, beginning as a local event and soon becoming an international phenomenon. Dancers wear flower halos and perform barefoot to musicians playing wooden instruments. A festival fire torch is lit and escorted to the festival site with a group of Hutsuls on horseback. Artist booths dot the festival site displaying traditional handicrafts like carved chess boards, weaving, and ceramics.

The Ukrainian singer, Ruslana, winner of the 2004 Eurovision contest, was inspired by Hutsul folklore and incorporated much of this tradition into her music. The festival, now in its twelfth year is a moving and inspiring event for visitors and Ukrainians alike.

Two youth-oriented festivals celebrate the sporting and musical talents of younger Ukrainians. The International Festival Tavria Games is a wealth of competition and amusement. Featuring the all-Ukrainian prize in music, the Beauty Queen of Ukraine contest, and the Golden Barrel beer test of endurance shares the stage with a children's soccer tournament.

The Chervona Ruta Festival of Young Performers features individual performers, musicians and musical groups with a diverse mixture of playing styles and genres. Originating in the city of Chernivtsi in 1989, the biennial festival's location changes each time but always climaxes with a concert of the festival's winners.

## Ukrainian Libraries

Often a fixture of childhood or a place of refuge during adulthood, libraries around the world share the pungent smell of binder's glue, the brittleness of worn texts, and the familiar silence of learning. Yet, reading was once the sole intellectual providence of religious men, and like other regions of the world, in Ukraine the relationship between faith and written language spawned this country's first libraries.

With the adoption in 988 of the Greek Orthodox faith in the Kyivan Rus, the geographical precursor to Ukraine and its surrounding environs, libraries first emerged within the boundaries of churches and monasteries. Yaroslav the Wise, a committed learner, established the largest library of the region in Saint Sophia Cathedral in Kyiv. Building the collection with titles in astronomy, geography, history, philosophy, and law was central to Yaroslav the Wise's mission yet, the Saint Sophia Cathedral library also became famous for writing, printing, and binding its own books. Indeed, these handmade books crafted in the St. Sophia library seeded the early collections of other libraries in Ukraine.

Intense strife through the centuries took a heavy toll on early Ukrainian

libraries. Wars and fire decimated collections until only single copies of original manuscripts remained. Still, libraries achieved considerable prominence by the 16th century as monastery and church collections were absorbed into libraries in Kyiv and Lviv and funded by the wealthy. Occupation in the second half of the 19th century and the early years of the 20th century under the Austria-Hungarian Empire ironically fed the spread of reading rooms. Nearly seventy-five percent of Ukrainian localities in western Ukraine constructed some sort of library during the years some recognize as the Eastern European period of Enlightenment.

With the arrival of the 1917 Bolshevik Revolution, libraries in Ukraine took a back seat to those concentrated in Moscow and Leningrad. Ironically, this concentration of resources in the power centers of the Soviet regime did little to deter the establishment of Ukraine's largest library, the Vernadsky National Library of Ukraine. Built in 1918, the Vernadsky Library is a Mecca for any bibliophile, and today, contains more than 15 million books, magazines, maps, sheet music, manuscripts, fine arts materials, newspapers, and unusual documents. A repository for the most complete collection of Slavic writing and the documents of Ukrainian leaders, the library receives over 160,000 new items annually. It was christened a United Nations depository in 1964.

The library may have grown from modest beginnings, but today, over 45,000 libraries exist in Ukraine. Open to all who walk through their learning doors, the sanctity of both Ukraine's ancient and contemporary libraries continue to delight young children and to offer adults intellectual and emotional solace on days when only a book will soothe a beleaguered soul.

## Break Bread and Celebrate Life in Ukraine

Wheat and bread have always been symbols of food, wealth, and most particularly, independence, for Ukrainians. Bread itself is an object of reverence. Indeed, the Ukrainian word for grain - zbizhzhia- is translated as the "totality of divinity".

Bread is sacred and integrally connected to traditional folk customs and cultures. Paska, a traditional disk-shaped bread is decorated with Easter symbols like roses or crosses. Kalach bread is braided with three strands to represent the Holy Trinity and is most often served at Christmas and funerals. No significant event in the family can be celebrated or honored without bread. Prayers are said over bread to bring blessings to a marriage or a birth and are also central to funerals and wakes as a ritual to part with the dead. Most importantly, bread is a sign of Ukrainian hospitality. Tradition dictates that guests are offered bread and a dish of salt on an embroidered ceremonial cloth called a rushnyk by their hosts with the greeting, "With this bread and salt we greet you. Welcome." Protocol requires the guest to break off a small piece of bread, dip it in salt, and bow their head slightly in thanks, before eating. Bread represents hospitality and salt symbolizes a friendship that will never sour or be corrupted by time.

Aside from symbolism, bread is a staple in the Ukrainian cuisine. Bakeries usually sell out of their bread by early afternoon. Travelers may find street vendors selling bread with cheese or sausage however if a morning run to the bakery is not part of the itinerary. Traditional Ukrainian bread is black bread made with buckwheat and rye flour with a slight taste of vinegar. Black bread was the main staple of peasant diets long into the 20th century and is resurrected as a mainstay during times of national economic crisis even today.

## Sounds, Sights, and Folklore of the Orange Revolution in Ukraine

"My House is on the Maidan" - A Ukrainian's house may have once been at the edge of the village, an expression suggesting one's reluctance to voice political views, but during the heady days of the Orange Revolution, the house moved. Written and painted on banners and chanted by millions in a sea of orange, "my house is on the Maidan [Kyiv's Square of Independence]", this traditional idiom's revision is one example of the influence Ukraine's recent political revolution has had on the country's folklore. While elections were validated, retracted, and rescheduled, an organically grown contemporary folklore was budding in a sea of orange tents. Bands rapped, old jokes were transformed to spread news of vote count rigging, graffiti artists sprayed clothing and subway entrances, and the poetic muse paid a visit too. An orange glow spread.

The Orange Revolution fostered a new Ukrainian national identity transforming traditional symbols into a new political awakening. No longer a culture of villages, in the streets of Kyiv, Ukrainians birthed new interpretations of music, poetry, and art focusing the world's attention on their promising future. Music played a central role in the revolutionary scrapbook. Led by the rap band, TNMK (Dance in the Square of Congo), live music at the Maidan never stopped in sub-zero temperatures. Orange costumes,

**continued on page 12**

## Жіночі Постаті
## Women of Influence

# Жіночий світ Івана Огієнка

*Тетяна Купченко*
*Національний авіаційний університет (м. Київ)*

Важко переоцінити внесок Івана Огієнка в розбудову української нації. Культура, освіта, державотворення, релігійне життя українців у Великій Україні та за її межами зазнали животворчого впливу його діяльності. Іван Іванович Огієнко збагатив українську науку десятками фундаментальних наукових праць українського мовознавства, історії церкви, культури, педагогіки, канонічного права. Безцінним дарунком українцям став його переклад Святого письма на українську мову, виданий в 1962 році.

Життя викладача-науковця, ректора, міністра в урядах УНР в Україні та в екзилі, політичного емігранта (з 1920 р.) було насиченим, бурхливим і дуже нелегким. На щастя він не один долав життєвий шлях. Поряд був вірний друг, кохана людина, що 30 років ділила з ним життєві негаразди і щасливі миті, - дружина Домінікія Данилівна (Литвинчук) Огієнко. Вона не тільки подарувала йому трьох дітей і зігрівала родинним затишком, але й поділяла усі його погляди і була найщирішою помічницею в громадській і науковій роботі.

І це не було дивним, адже виховувалась Домініка Данилівна на шевченківських творах і ідеях в національносвідомій сім'ї. Ще до зустрічі з Огієнком вона попрацювала вчителькою в сільскій школі, закінчила акушерську школу і мала палке бажання присвятити своє життя простим селянам-українцям. Її перконання були настілки твердими і зрілими, що Іван Огієнко вважав, що саме зустріч з Домінікою зробила його свідомим українцем.

Одружившись в червні 1907 року з Іваном Огієнком Домініка Данилівна занурилась у сімейне життя, піклуючись про дітей, чоловіка, взявши на себе весь тягар домашньоі праці. Але першим завданням жінки вона все ж вважала створення в родині атмосфери патріотизму, щоб усі її члени свідомо і віддано служили своїй Батьківщині. Для цього вона багато читала, спробувала реалізувати свою мрію про вищу освіту. Коли в Києві організувався Вільний Український університет, вона однією з перших стала його слухачкою, а в 1918 році була зарахована до числа дійсних студентів Київського Державного університету, щоправда скінчити його не вдалось через загострення визвольних змагань в Україні.

Під час перебування в еміграції у Польщі Іван Огієнко з дружиною плідно працювали. Вони організували там різні осередки хоча ні до яких емігрантських організацій Домініка Данилівна не належала. В той час Іван Огієнко видавав журнал "Рідна мова" і "Наша кукьтура" і Домініка стала першою помічницею чоловікові у їх виданні. Вже будучи тяжко хворою, вона не покидала роботи по редагуванню журналів, відбирала статті, вела листування з дописувачами часописів. Помираючи на 30-му році подружнього життя, Домініка Данилівна найбільш сумувала про майбуню долю своїх дітей і чоловіка. В заповіті, складеному перед смертю, вона виказала їм свою останню волю "Цілий вік свій я сердечно віддавала своєму чоловікові, - записано в нім, - щиро й вірно допомагала йому в його щоденній праці на користь знедоленого українського народу. Заповідаю йому й решти віку свого віддати виключно для його народу, залишитися вірним, безкомпромісним патріотом в національних питаннях, хоч би за це йому довелося так само важко терпіти, як він досі терпів. Заповідаю всім своїм дітям Анатолію, Юрію та Лесі усе своє життя добре й ясно пам'ятати про своє українське походження та про свої національні обов'язки до своєї обездоленої Батьківщини - України. Нехай Вам буде взірцем для цього Ваш батько, що усе життя своє сильно терпів від своїх і відчужих за свої безкомпромісні переконання. Коли Бог дасть Вам дочекатись діток своїх виховуйте їх національно свідомими так пильно, як ми виховували Вас".

Родина Огієнків глибоко шанувала

і дотримувалась заповіту Домініки Данилівни. Дочка Лариса (Леся) Огієнко поєднала своє життя з українцем із національної еміграції - Костянтином Бідою, подорожуючи з ним нелегкими шляхами людей, розлучених з Батьківщиною. Згдом вона з чоловіком осіла в Канаді в місті Вінніпег, де в цей час перебував її батько - в той час вже митрополит Іларіон. Вона допомагала йому впродовж 12 років в перекладанні Євангелії на українську мову, була, як її мати, помічницею чоловікові в науковій роботі.

Говорячи про жінок цієї родини, треба віддати належне їх незаперечному внеску в велетенську працю Івана Огієнка на царині культурного піднесення українського народу. Вони дали змогу розгорнути ту роботу, забезпечивши підтримку і розраду, осяявши любовю і теплом його нелегкі многотрудні дні.

*Доповідь виголосина підчас Міжнародної Науково-Практичної Конференції "Творча спадщина Івана Огієнка в контексті сучасного розвитку гуманітарних наук", яка відбулася в Києві в червні, 2007 р.*

## КОМУ Я ПОВІМ СВОЄ ГОРЕ

*Іларіон*

Кому я повім своє горе,
Кому розкажу всю печаль?
В кого таке серце просторе,
Щоб мій зрозуміти ввесь жаль?

Покинув свою я родину,
Покинув я рідний свій дім,
Та все ж, як найкращу перлину,
Ношу їх у серці своїм . . .

А серце без Рідного Краю
Трипоче, як пташка, й болить . . .
Чи я коли щастя зазнаю
Побачить його хоч на мить?

По небу снують чорні хмари,
Неначе я світом блукаю,
А в серці зболілім примари
Та болі по Рідному Краю . . .

Кому ж я повім своє горе,
Кому розкажу всю печаль?
В кого таке серце просторе,
Щоб мій зрозуміти ввесь жаль? . . .

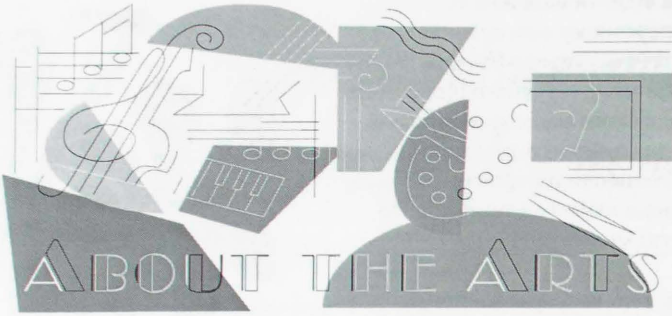
Блукала Ти, Мати, в пустині,
В Єгипті чужім та безводнім, -
Не дай же гіркій сиротині
Загинуть в краї холоднім! . . .

## СХІД СОНЦЯ

*Іларіон*

І випливло сонце, млинове мов коло,
Палає ввесь схід у проміннях,
Горить Божа велич красою навколо
Й до Неба пливе в Піснонпіннях.

І повно проміння в мойому садочку,
Перлиться на квітах роса . . .
А в мене на серці й у кожнім листочку
Відбились святі Небеса . . .




# ВІРА СМЕРЕКА : "В НІМЕЦЬКІЙ НЕВОЛІ"

*Оксана Бризгун-Соколик*

Остарбайтери. Ця тема була у нас наче табу. Небагато жертв признався тут до насильного вивезення на невільницьку працю в часі 2-ої Світової Війни у Німеччину. А тих, що повернулися, називали коляборантами, переслідували, вивозили на заслання. А було їх тисячі.

Хто вони? Не герої. Бо, за словником, не "пішли добровільно віддати життя своє за ідею." А жити хотіли. Боролися з долею, щоб вижити. Терпіли, мучилися і мріяли та надіялися на краще завтра. І тисячі не дочекалися того ЗАВТРА.

Нарешті появилася одна з перших книжок на тему "остарбайтерів". Це "Зі сходу на захід" - спомини Антоніни Демчини видані в англійській мові. Розхоплені та перевидані. Книжка знайшла ентузіяста, Богдана Мелника, який безкоштовно переложив на українську мову і СФУЖО видало її в Україні тиражем 3000 та подарувало її Україні.

Під враженням прочитаного, Катерина Житникова в Севастополі, сама також "остарбайтерка", рішилася зібрати друковані статті - спомини і видала їх двома невеличкими книжечками "Остарбайтери".

І тепер - в руках нова книжка "В німецькій неволі. Спомин - щоденник 1942 - 1944". Автор Віра Смерека, письменниця та наша "сфужівка", довголітня голова складової організації СФУЖО - Товариства Українських Жінок ім. Олени Теліги в Англії.

Книга (275 стор.) читається легко, з цікавістю. Написана тепло, спокійно, без злоби, пристрастей, ненависти. З великою тугою та любов'ю до Батьківщини та вірою у краще майбутнє. Читаючи, переживаємо з авторкою не тільки її насильну "мандрівку на захід", але і її роздуми, клопоти, турботи та радісні хвилини. Літературна редакторка твору, Юлія Зейкан, назвала Віру Смереку "ліричною героїнею". І справді, ніжність та щирість є прикметою твору, який описує життя знаних та невідомих молоденьких дівчат, насильно схоплених та відірваних від родин, часто без змоги попрощатися... та вивезених на невільничі праці до Німеччини. От хоч би тільки перше речення в книзі: "*У товаровий вагон з розчиненими, але закутими ланцюгами дверима, заглядало ласкаве весняне сонце...*". Цей контраст, де "ласкаве сонце" гріло "*непрошені сльози, які лилися з очей*" та слова "*Ой, мамочко, чи коли ще тебе побачу...*" просто ріжуть душу читача. Друга Світова Війна. Скільки вона родин розбила, скільки терпінь принесла та нових хрестів невідомим поставила... Не кожний хоче згадувати ці страшні роки. А для історії такі спомини важливі, бо насвітлюють події багатьом незнані.

Заголовки в книзі говорять самі за себе: *На шляху в неволю, Хвороба. Малов. Поворот до життя.*
...Малов. Місцевість коло Берліна. Саме ця частина зробила на мене потрясаюче враження. Віру Смереку, тяжко хвору, принесли до лікарні на ношах. А там не має для "остарбайтерів" ні лікарства, ні опіки, ні відповідних харчів. А неподалік стоїть другий шпитальний будинок. До нього переносять тих, які вже з нього не вийдуть. Зі щоденника авторки: "*Під високим сосновим лісом, огороджений колючим дротом, розкинувся величезний табір-лікарня для остарбайтерів німецького Райху. Лікарня, що стала могилою сотень і тисяч невідомих жертв, які згасли як свічки, за ґратами тонких дерев'яних бараків і були поховані не знати де і ким...*". Віра Ніпот-Смерека у Львові студіювала українську філологію. Хоч здала іспити до Київського університету, але її туди не прийняли. Вона ж з родини священника... Її вивезли в

Німеччину в травні 1942 року з її родинного Кролевця на Сумщині. Доля її кинула до Берліна до робітничого табору. Літом 1943 р. зустріла свого майбутнього мужа, Івана Смереку зі Закарпаття. Цей щирий патріот, в щоденнику "друг", знайомить її з українським життям Берліну.

І врешті, після вагання та роздумів, Віра Смерека рішається на втечу з табору. 1-го лютого 1944 р. Остання ніч переповнена думками: "*І ось, я втікаю з табору, ризикуючи своїм життям. Чи добре роблю? Нащо покидаю дівчат, своїх людей? Моя ж доля пов'язана з ними... Що мене жде в житті? Невже більше ніколи не побачу моїх рідних тата й маму? Сестру, брата, подруг, місто наше, Україну?... Сльози рясно текли з моїх очей на тверду із сіна подушку...*". І Пан Біг допоміг Вірі вирватися на волю. А по війні, після перебування в DP таборах, доля її закинула в Англію.

Віра Смерека є авторкою вже багатьох книжок. А ця є надзвичайним вкладом і у нашу мемуаристику, і як документ життя жертв - невільників модерного 20-го століття, з яких тисячі відійшли безслідно у Вічність, в самоті, голоді та холоді. Авторка присвячує книжку "*тим українським дівчатам, які пішли з життя..., але ніколи не зраджували своїй далекій та найріднішій Батьківщині ні в німецьких, ні в московсько-большевицьких сибірських концтаборах. Їхнім порятунком була надія, освітлена двома словами - Україна і БОГ.*"

Мистець Надія Пономаренко гарно оформила книжку, яка видана в Ужгороді тиражем 1000. Бажаємо Вірі Смереці сили та енергії до дальшої творчої праці.

# ЛИПНЕВИЙ ВЕЧІР

## Віра Смерека

У медовому запаху квітів
Сонце золотом стеле килим.
Бджілка затишок повнить привітом
Під пташиного щебету гимн.

Тихо вечір на землю спадає
Із розісланих в килим небес.
Вітер в травах легенько гуляє,
Шепче ніжно казки із чудес.

Легко в шелесті свіжого вітру
Лине дзвін Благовістя святий.
І сповняється казка привітом,
В тиші вечора - голос живий.

Як чудово у вечір липневий
Усміхатись до сонця й краси,
Бачить світ у розцвіті щасливий,
Чути радісний поклик - живи!

## Life and Culture
## Життя і Культура

# The Healing Power of Music

### Five Conditions that this Safe Therapy Could Treat

Music is an important part of life. It's been around since the beginning of time. It's part of learning in childhood, it's a staple in most spiritual and cultural practices and it's something that most of us include in our everyday lives. More than that, music has the ability to affect your mood. Have you ever been down in the dumps, only to put your favourite song on and find yourself smiling and singing along? Have you ever come home from work so stressed that the only thing that can relax you is some classical music? These scenarios attest to the basic power of music. And it goes much further than that. It doesn't just have "charms to soothe the savage beast." Many medical professionals believe that music can have amazing healing effects. In fact, music therapy has the potential to help treat surgery-related anxiety, cancer pain, depression, migraines and more.

### What is Music Therapy?

Although you might not have heard much about it, music therapy is not a new idea by any stretch of the imagination, even dating back to Ancient Greece. In its modern form, music therapy has existed in North America since 1944.

What is it exactly? It's a scientifically backed therapy that uses music to help people with their physical, mental and emotional needs. A music therapist must complete specific education and training. Such a medical practitioner will usually have a Music Therapist, Board-Certificed (MT-BC) or a Music Therapist Accredited (MTA; in Canada only) designation or a Ph.D.

### How Does it Work?

A music therapist uses music to assess a patient's health, as well as his or her emotional state and mental, social and communication skills. The therapist also uses music as a way to help heal patients or to help them improve certain skills. Some specific therapies include having patients write songs, listen to music, perform songs or improvise musically. This type of therapy is frequently used to complement others. These health-care workers often work with disabled people, the elderly (especially Alzheimer's disease sufferers), people with developmental or learning problems, psychiatric patients and people recovering from physical trauma or surgery.

Intrigued? Well, here are some specifics on a few of the physical and emotional conditions for which music therapy has been studied.

### 1. Depression

Depression is an extremely common illness that can be difficult to treat. Older adults are especially prone to this physical, mental and emotional condition. Music therapy to the rescue!

A Stanford University School of Medicine study looked at 30 older adults with major or minor depressive disorder. For a period of eight weeks, the patients either participated in one of two therapy programs or were used as a control. One program involved the patients learning stress-reduction techniques through listening to music and receiving weekly visits from a music therapist. The other program had the patients learning the same techniques, but with very little interaction with a therapist. Both groups doing music therapy had good results. Tests on depression, distress, mood and self-esteem showed improvement, compared to the tests of those not receiving music therapy.

Another study, this time on teenagers, also came up with promising results. It's understood that a certain type of brain activity is linked to greater risk for depression. So this study was done on 30 teenagers with depression, who also had more activity in their right frontal lobes. Half of the teenagers were given music therapy, and the other half was given massage therapy. The researchers used a test to monitor brain activity in each patient for three minutes before, during and after the respective therapies. Both music and massage therapy were found to regulate the brain-wave activity associated with depression during and after each therapy. This means that music therapy could affect the portion of the brain causing depression and help relieve the symptoms.

**2. Surgery-related Anxiety**

Conditions requiring surgery can be bad enough, but then there's the anxiety associated with the medical procedure. It's possible that anxiety before and after surgery could delay recovery time and even leave you open to infection or complications. Researchers have been checking out whether music therapy could help.

In one study, researchers looked at two groups of patients. One listened to music in the hospital's surgical holding area, while the other did not. Those who had the music therapy reported significantly less stress and anxiety.

In a study published in 2002, researchers tested whether music therapy could reduce anxiety before surgery. Before going through surgery (requiring anesthesia), 48 patients had music therapy. It consisten of a 30-minute session of listening to music selected by the patients. Another 45 patients had no pre-operative therapy. After the music therapy, the patients reported significantly lower anxiety levels (16%) than those who didn't have any therapy. However, it's important to note that there were no physical changes to indicate less stress (e.g., blood pressure).

**3. Dementia**

Dementia is a serious and growing problem in our society, especially due to the aging population in North America. That's why medical researchers are seeking all the help they can get -- they're even looking to music.

In a Japanese study, researchers looked at the effects of group music therapy on patients with moderate to severe dementia. The average age of the study participants was 83 years. For two years, the dementia patients participated in a once-a-week group session involving singing and playing instruments. A control group of similar subjects not involved in music therapy was also followed. The researchers tested cortisol levels, blood pressure levels and intelligence before, during and after the study period. At the end of the study, dementia sufferers doing music therapy had significantly lowered blood pressure. They were also less likely to have diminished physical and mental abilities than the subjects not involved in music therapy. The researchers also think that heart and brain disease risk was lowered in music therapy patients.

**4. Migraine**

If you experience the excruciating pain of migraines, you know how hard it can be to find an effective remedy. So when someone says that music could help you, you might laugh it off. But we're here to say that you should pay attention to this gentle form of therapy.

Researchers in Switzerland studied the benefits of a novel form of music therapy, "Psychofonia," to migraine sufferers. This treatment involves the creation of a personalized sound pattern specific to each individual patient. The pattern, produced via computer, is based on brain-wave activity. The researchers then tested this individualized sound pattern on 55 migraine sufferers. After a year, they found that 56% of the migraine patients had an improvement in symptoms of 50% or more. These results are very promising, but a larger, better quality study is needed.

In another study, researchers combined music therapy and "electroacupuncture." Electroacupuncture combines the tradition of inserting needles into specific points on the body with electric current. In this case, the researchers developed a device that sends an electrical current through acupuncture needles, the frequency of which changed based on the sound of classical music played at the same time. Fifty people with migraines or a form of tension headache were randomly assigned to receive just electroacupuncture or electroacupuncture with the music therapy. The researchers found that both groups experienced pain relief. Notably, the group receiving electroacupuncture and music therapy experienced the most pain relief, with 92% of them reporting consistent benefits.

**5. Pain Relief**

Pain: it comes in all shapes and sizes. One of the more serious forms is cancer pain. A small pilot study out of Germany checked into whether music therapy could provide some relief for this type of pain in 28 cancer patients suffering from chronic pain. Some of the subjects were put through a 14-day treatment period. Each therapy session involved 30 minutes of relaxation training before bed involving listening to soothing, rhythmic music that gradually slowed down in tempo. Fourteen other patients who did not receive the music therapy were used as a control group. The researchers checked the patients' heart rates throughout the treatment, the time it took them to fall asleep and their use of pain medication, and asked the patients to evaluate the therapy and their subsequent pain levels. Interestingly, as the music therapy progressed, the study subjects' hearts began to beat in synch with the music. The more in-synch the person's heart was with the beat of the music, the greater the pain relief they had and the more relaxed they felt. Overall, the researchers found that the therapy helped the cancer patients fall asleep faster and decreased their use of pain medications. It's amazing what a lullaby could do!

A study out of Scotland had some other interesting results. Fifty-four study participants were stimulated to feel pain by immersing one of their hands in ice-water. They did this three times, each time treating the pain with a different music-therapy method. One was to listen to "white noise," another was relaxation music and the last was music chosen by each individual participants. Researchers found that the study subjects were able to tolerate the ice-water-caused pain longer when listening to their own music choices than either of the other two options. In addition, the women in the study reported less pain when they were listening to their chosen songs. So it seems that it's not necessarily a specific form of music (i.e., classical) that can help with pain. Moreover, personal choice of music appears to increase the pain-killing efficacy of the music therapy.

**Bring Music into Your Life**

Music therapy is full of promise for many health conditions. The best part is that there are no side effects! It's not considered addictive (unless you count getting a song stuck in your head) and it's one of the safest therapies around. If you're interested in just improving your general well-being, there's no reason you can't practice music therapy on your own. Experiment with different music and see what makes you feel best. You can also start your own informal music-therapy group with some friends or family. It's amazing how therapeutic singing a few songs or playing an instrument can be. If you have a specific health condition that you'd like to address, then you need to find a certified music therapist. Get a referral from your doctor or check out www.musictherapy.org/find.html.

*Reprinted from "The Doctor's Health Journal of Alternative Remedies & Cures", June 2007, Vol. 4 No. 6. Published by Doctors Health Press, a division of Lombrdi Publishing Corporation.*

**The Truth Behind Lullabyes**

Many of us use music to help us get to dreamland when we aren't feeling very tired or when other problems are getting in the way. However, it wasn't until a couple of years ago that researchers found proof that music could improve sleep quality.

Elderly study subjects listened to a 45-minute tape of soft music every night before settling into bed. The patients using the music therapy reported that they fell asleep faster, slept longer, woke up less frequently during the night and functioned better during their waking hours. And these improvements became steadily more significant as the study progressed.

So it seems that soft, relaxing music could help any aging person sleep better, even if he or she isn't aware that there is actually a problem. If you're suffering from insomnia, there's no reason not to give this form of music therapy a try! You could be snoozing peacefully in no time.

## Ukrainian Independence - 16th Anniversary

Continued from page 5

conceptualist installations made of snow, cartoons drawn on pavement, spontaneous poetry readings, and the "drummers of freedom", a group of burly mountaineers from western Ukraine banged on drums made from industrial iron barrels, contributed to the carnival atmosphere.

One year later, Ukrainian music made in the cold streets of Kyiv is slowly hitting the airwaves. Poets like Andriy Bondar have found their creative muse once more. Changes are still in the air and though permanent change is slow to come, Ukrainians of all ages are exploring new horizons both cultural and political.

*Source: www. ukraine.[illegible]n*

# Поезія Poetry

## Canada

My dear fellow-Canadians,
Is it truly our wish?
To see Canada shattered so
As one would see a dish?

Where each province would stand alone . . .
For whose wish and whose right?
Have we no proof togetherness
And unity bring might?

And yet, there are the idiots,
Preaching their fatal prayer . . .
Once Canada becomes no more,
We'll share an honoured fare?

But truly, what stand we to gain . . .
A Canada destroyed?
A land bearing honour and pride,
They rather would see void?

We are a multi-cultural land.
And proud of what we've been.
And as such we united stand . . .
To bear the thick and thin!

For we shall stand as we have stood,
Together and as one.
No earthly force shall bring the ruin . . .
To see Canada gone!

*Peter Kuzyk*

## Мої пісні

Променем ясним в душу сучасну,
Зіроньки мої, летіть,
Світлом яскравим темінь уяви
В людській душі освітіть!

Дай же вам, Боже, щастячко гоже
В світі великім людськім,
Щоб ваша сила людям служила
Шлях віднайти в темноті!

Променем ясним все, що дочасне,
В людськім житті просвітіть!
Чистим натхненням, ясним явленням
Божі шляхи покажіть!

Ясним видінням, теплим горінням
Душу людську освітіть!
Поміж негоду людського роду
Мою любов пронесіть!

Голубом тихим скірзь, де є лихо,
Згоду і мир об'явіть!
Чистим сіянням, правди вітанням
Гнів у любов оберніть!

Зорі ви, зорі, ясні і тихі,
Слово, що в серці цвіте,
Йдіть поміж люди, й з вами хай буде
Благословення святе!

*Віра Смерека*

# MARY, Our Cause of Rejoicing

*By Bishop BASIL (Essey) of the Diocese of Wichita and Mid-America, Antiochian Orthodox Christian Archdiocese. Reprinted from The Handmaiden, Winter 2006, Vol. 10, No. 1.*

Mary the Theotokos is very close to my heart, and, I am certain, close to the hearts of all who lover her Son, Jesus. I can hardly think of her name without tears. When God, in the fullness of time, because of His great love for His creation, sent His Only-Begotten Son to save us sinners, He chose to do so in a way that is at once simple and tender, and profound, beyond our comprehension. He came to find a bride.

And God the Father, who is above all and in all and over all, chose to unite Himself, through the Person of the Most Holy Spirit, with one os uf: the only daughter of Joachim and Anna, the young woman of Nazareth who had been prepared from all ages to become the bride of God. She is our boast. She is like us in her earthly beginning, and she is like us in her earthly end. She is at once our sister - a daughter of Adam, just like us - and also our mother.

To begin the betrothal of Mary with God, an archangel was sent, one of those who stand perpetually around the throne of God and sing His priases. An angel, beneath whom mankind was created, was sent to the house of Joseph, the betrothed of the Virgin, and began the relationship of betrothal and marriage, an unwedded marriage, between God the Father and the young virgin of Nazareth, with the word, "Rejoice."

The hymnography of our Chuch says that when the Archangel was sent he came in awe and wonder, and he stood in confusion in this humble abode in North Palestine, announcing to a creature on a scale lower than his own that she was to become the Bride of the Father, the Mother of the co-eternal Son. Her relationship with God is our cause of rejoicing. She is our offering, our oblation, our prosphora [Eucharist bread], offered to the Father, from which the Lamb of God will come forth - the Lamb of God who takes away the sins of the world. In a very real way, she became the first to receive Jesus as her Lord and Saviour. She along among all humanity can say that she not only received Jesus into her heart spiritually, but she housed Jesus in her womb, in her body.

To imagine Mary's response to that news of the Archangel Gabriel is beyond our comprehension. We have become so accustomed to hearing the account of the Annunciation that we forget the power and the wonder and the godly fear that must have overcome this young virgin. She was only about fourteen years of age when she said, "Yes," and when all creation began its rejoicing at its salvation.

"My soul magnifies the Lord and my spirit rejoices in God my Saviour," she sings. She becomes a prophetess when she says, "Behold, all generations shall call me blessed." She whom all generations call blessed and she in whom all rejoices was our offering to God. We see this in a well-known hymn from the Nativity of Our Lord:

The angels offer Thee a humn;
the heavens, a star;
the Magi, gifts;
the shepherds, their wonder;
the earth, its cave;
the wilderness, the manger;
and we offer Thee a Virgin Mother.

When it came time for God to send His Son and take flesh on this earth, all of His creation wanted to ofer a gift. The eart offered a warm cave, and the heavens offered a star - not just any star, but a brilliant star such as the world has never seen and may never see again. The bodiless hosts offered a glorious hymn, the most glorious hymn with the most glorious message ever heard on earth. Even the animals offered a gift. They offered their food trough, the manger. And beyond that, tradition tells us that they offered their breath to warm the newborn Child.

The poor shephers could offer nothing but their wonder, but they offered that. They came and knelt in that very strage cave that was the temple. Magi who traveled from afar came and offered their best gifts of gold and frankincense and myrrh. And we, humanity, offered God our best gift, a Virgin Mother.

Her relationship with Christ was a unique relationship, something that no one else can have. It gives her a unique place in salvation history. Until the coming of the Archangel Gabriel to the dwelling in Nazareth, the people of God would make pilgrimage to the temple in Jerusalem, to worship God who was present there, and to revere the very stones of the temple. Yet at a moment in time, in an abscure Palestinian village, in a young virgin, that temple became passé and irrelevant. She became the temple, a unique thing that gives her a unique position in our salvation. It was from her blood that God took blood, blood that would become the fountain for our immortal life. It was of her flesh that God took flesh, the flesh that is now offered to us as the food of immortality.

*We pray to the all-merciful and most pure Mother of God - and she prays for us. We glorify her - she who is above all glory - and she prepares eternal glory for us. We often say to her: "Rejoice,' and she asks her Son and God: 'my beloved Son, give them everlasting joy in return for greeting me with joy.'*

*- Saint John of Kronstadt, My Life in Christ*

Who but Mary breastfed Him who feeds all of creation? Who but Mary carried in her arms as mother Him who sustains and upholds all the universe? It was Mary who upheld God, the Creator of all things visible and invisible, as He took His first steps on this earth. She offered her little finger for a tiny hand to grasp. When the child Jesus, as He must have done, scraped His knee or was hurt by some unkind words of a playmate, and wept and came running to mother, it was Mary who kissed the wound and made it feel better, or took Him in her arms and assured Him that the unkind words and the sadness He felt would pass, that everything would be all right. She brought comfort to God. And when God wept, when Jesus wept, it was His mother, like every mother, who wiped away His tears. Mary wiped away the tears from the face of God.

What is profound about this is not just the fact that these things happened, but that Mary knew who it was that she supported with her little finger. She knew who it was who suckled at her breast, whose diapers she changed. She knew who it was whose wounds she killsed and bandaged. whose hurt feelings she comforted, and whose tears she wiped away. Mary knew.]

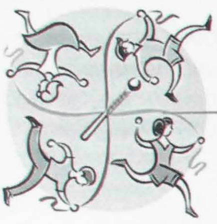
In the Feast of the Presentation, she brought her Son to that stone building in Jerusalem that she knew was no longer needed, knowing that He was the Son of God. It was at that time that her sorrows began. Forty days after the birth of her only Son, the great sorrow that would come to her hearts was foretold to her: that there would come a day when His wound would be not just a scraped knee, but nailed hands and feet, and a pierced side. That the tears He shed and the unkind words and actions He endured would be not just unkind words of little playmates, but the sentence of death from those whom He came to save. How her heart must have been pierced wanting to kiss those hands, and the feet, and the side and the brow, to make the wounds and the pain go away, to no avail. And how she must have anticipated receiving her Son from the Cross, now dead.

Who among all humankind has offered so much to our God? She offered her flesh to become His flesh, her blood to become His blood. She offered every motherly tenderness (and there's no tenderness like a mother's tenderness) - who but Mary endured such pain? Our hymnographers show us Mary standing at the Cross, remembering Christ the child when He took His first steps, and when He said His first word, and when He shed His first tear, and when He laughed His first laugh, and called her "Mother" for the first time. Imagine, now, that very human Mary standing at the Cross.

The Theotokos was overcome with sorros  
Seeing You crucified and dead on the Cross.  
She cried out, "How You suffer, my beloved Son!  
The sword thrust in Your side has pierced my heart.  
My wound burns with Your agony.  
Nevertheless I sing Your praise,  
For You willingly died to save the human race."

"Nevertheless I sing Your praise." In spite of all the ugliness she sees and the pain she endures at seeing her Son unjustly crucified by those He came to save, yet she glorifies Him. She knows He is God. The only thing that can balance that sorrow is the joy she had three days later, when her Son rose as victor. Imagine her joy when the angel came to her and said, "Rejoice, again I say rejoice, for your Son is risen from His three days in the tomb, and with Himself He has raised all the dead. Rejoice, rejoice!"

**Continued on page 24**



# For Our Children
# Нашим Дітям

## КОЛО МОРЯ

Простелилось море
Нам до ніг.
Коло моря - гори,
На них сніг.
Височенні гори,
Широченне море!

А на морі хвилі
Голубі,
На них гребні білі
І рябі.
Хвилі в морі грають,
Човники гойдають.

Вітер з моря віє
Холодком.
Хвиля берег миє,
Гра з піском.
Миє наш мисочок,
Гальку та пісочок.

Ми на берег сіли, -
Вісім груп
Рученята мили:
Хлюп то хлюп!
Хвиля налетіла
Й ніжки нам обмила.

Сонце світить з неба -
Гаряче!
Загоряти треба,
Хай пече!
Сонце припікає,
Сад наш загоряє.

*Грицько Бойко*

## ПРОГУЛЯНКА

Неначе та метелиця -
Метелики у лузі . . .
Трава під ніг стелиться -
Як хороше нам, друзі!

Кує, кує зозуленька
В кущах, у верболозі.
Цікава в нас прогулянка
По сонячній дорозі!

Набігає вітер -
Хвиля з краю в край.
Похитнулась вудочка
- Рибко, не тікай!

Ой як гарно на ріці, -
Бризки б'ють в усі кінці!
Гоним воду веслами,
Човник лине весело.

Набігає вітер -
Хвиля з краю в край . . .
- До ясного берега,
Човник приплupивай!

*Валентина Бичко*

## КВІТИ УКРАЇНИ

А у нашому садочку
Квітнуть квіти в холодчку,
Матінка їх доглядає,
В кожний вечір підливає.

Ось стоїть мов на сторожі
Соняшник стрункий та гожий,
Рожа по драбинці пнеться,
Боля неї бджілка в'ється.

Під віконцем пахне м'ята
Оксамитна, пелехатла,
І барвінок невеличкий -
На весілля для сестрички.

Незабудьок два рядочки
Насторжили листочки,
А на кущику в куточку
Пахнуть китиці бузочку.

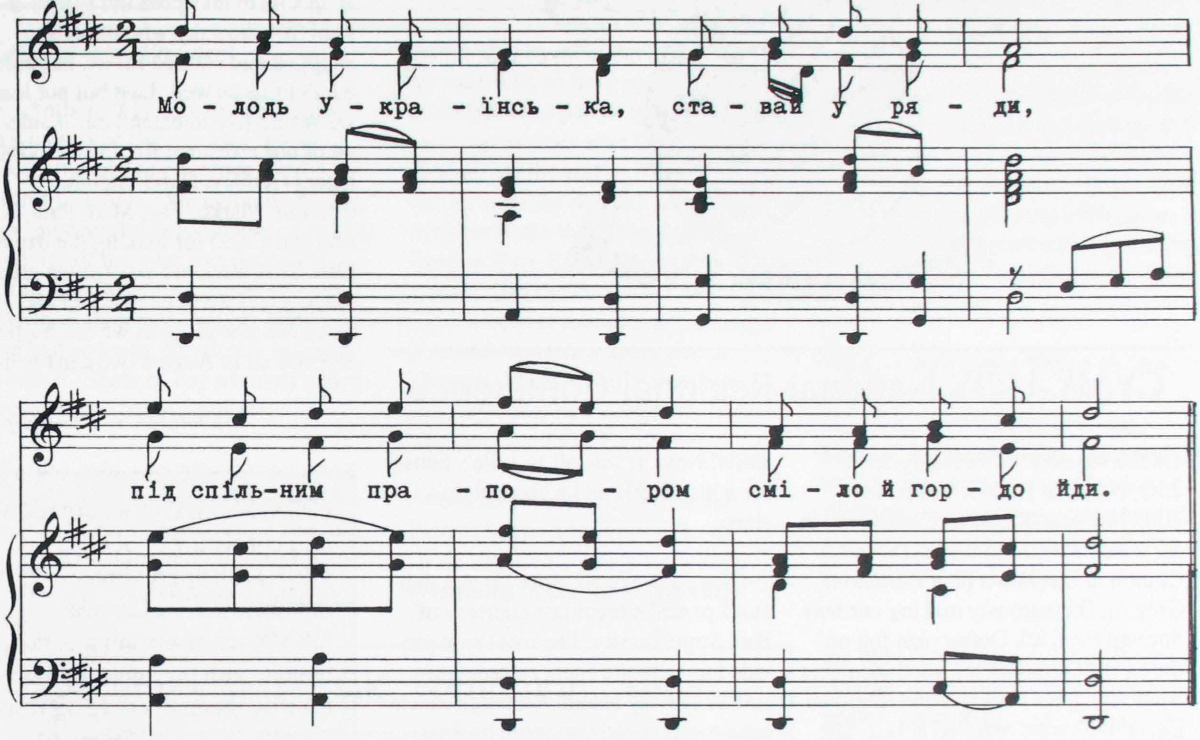
Хто лиш гляне, той зрадіє,
Сонечко крізь віти гріє.
Щастя в наш садочок лине,
Це ж бо квіти України!

*Іванна Савицька*

## МОЛОДЬ УКРАЇНСЬКА

Слова й муз.Є.Вавринюка
Форт.супр.С.Яременка

Темп маршу




2. З піснею побіди
Бадьоро іди,
З а спільну ідею
Ставай у ряди.

3. Слава й честь героям,
Що життя дали,
За волю народу
В боях полягли.

4. Молодь українська,
Не дармуй, працюй,
Українську мову
Ти всюди шануй.

5. Молодь українська,
Ставай у ряди,
Під спільним прапором
Сміло й гордо йди.

Тризуб - Герб України

## Громадська Хроніка
## Community Events

# CYMK-UOY National-Regional Conference

On the weekend of February 23rd-25th, National CYMK hosted the 2007 National-Regional Conference at St. Vladimir's Ukrainian Orthodox Church in Steeltown (aka Hamilton), Ontario. Dangerously making our way through the thick Dofascoian fog on the stormiest day of the year, members from both your National and Regional Executives were reunited at last. The weekend was kick-started in the St. Vlad's TYC room with Julie's infamous "ice breaking" games. Due to the horrible weather conditions, however, I regrettably missed them.

Upon my arrival, however, the meetings could officially begin and did CYMKivtsi have a lot to discuss or what? From discussing upcoming events to updating the bylaws, distributing the new regional resource binders to planning the national convention, your National and Regional Executives covered it all! For those who missed out, do not fret! We will be discussing the majority of these issues at the upcoming CYC Convention in Winnipeg (bylaws and all!) When the meeting wrapped up, we participated in a leadership workshop that involved building the tallest free-standing tower with supplies that were bought using "CYMK bucks". Stefan takes the cake for his superb acting skills! Next, it was off to Julie's house for a little R&R and a good night's sleep.

On Saturday, we all woke up to a delicious pancake breakfast courtesy of Pani Strychowsky. The meal sure provided us with the energy needed to endure the day ahead. Although much time was dedicated to more business meetings, that didn't stop us from having a little fun in between. After lunch, our group relocated to McMaster University for some wall climbing and teambuilding exercises at the A.L.T.I.T.U.D.E. challenge. Stay tuned for the National Convention... we'll be playing a bunch of these activities as part of the CYMK Olympics! After the activities, we dashed across town to make it just in time for Vespers. Afterwards, we ate a delicious meal and then finished up the outstanding business from our meetings.

On Sunday, we attended Divine Liturgy at St. Vladimir's in Hamilton. After the service, we had a wonderful lunch and then headed to go kart track for some über-fun laps before saying our goodbyes.

On behalf of National CYMK-UOY, we would like to thank all those who helped out with the conference.

A special thanks goes out to Pan & Pani Strychowsky who not only shopped and cooked for us, but billeted all of us as well. Last but not least, we would like to extend our thanks to all of our awesome Regional Coordinators (Ashley, Daria, Stefan, Christin, Marko, Zac, Matt, Paul, Katrina and Chez) for making the trip out East. This weekend was truly a great success and we hope that you had as much fun attending as we did hosting. See you all in August (we can't wait!).

*Submitted by a participant*

> CYMK-U.O.Y. is an organization consisting of about 15 locals with approximately 250 members across Canada. CYMK members are a various bunch, with the ages of CYMK members ranging from 7 to 30. Since its founding in 1931, CYMK has endured many changes, most noticeably is the omnipresence of Canadian Ukrainian culture in Canada.
>
> Today, CYMK-U.O.Y. provides a haven for Canadian-Ukrainian youth to practice their culture, religion, language, discuss issues and have fun! CYMKivtsi realize the advantage of having a different culture that enhances their Canadian experience. CYMK cultivates a further respect for Ukrainian culture by celebrating Ukrainian poets, writers, artists, and history. CYMK celebrates and cultivates proud Ukrainian Orthodox Canadian leaders.

## St. Anthony's Sr. CYMK, Edmonton Alberta

*Tania Shapka, President*

St. Anthony's is very excited that we have become the newest CYMK loca!! Thanks to everyone for the warm welcome. We certainly have had an eventful few months. Our first activity of the year was decorating cloth bags which we donated to the Youth Emergency Shelter. Who knew we had so many artistically talented youth?! (Some of our advisors' efforts weren't too shabby, either!)

We also held a couple of 'movie and games' nights (complete with an awesome oompa loompa dance) and took a trip to the Vertically Inclined Rock Gym. Our youth hosted a Remembrance Day event at our church, and we were able to have some of the veterans from our parish speak about their experiences after the memorial service. At the end of November, we met up with the St. John's local. We were fortunate that evening to have Deacon Gary Boychuk give us a presentation on the Pecherska Lavra (Kyivan Cave) monasteries and his personal monastic experience in Ukraine. We also had a great time learning some new songs and carols together, thanks to Pani Lesia.

At our last event of 2006, Father Patrick began a series of talks on "holy tradition", which we will be continuing in our future meetings.

Before we knew it, the Christmas season was upon us! We helped out with preparations for St. Nicholas Night and several of the youth volunteered at our church's Christmas outreach dinner. After a wonderful Rizdvo, the St. Anthony's CYMK bundled up and headed out carolling. It was greatly enjoyed by all! For Malanka this year we attended the St. John's Malanka, which was a very entertaining evening (as well as a new experience for many of our members.)

We also have a busy lineup of activities planned for the rest of the year, including volunteering at a soup kitchen, making pysanky, laser tag, and our upcoming ski trip to Jasper. We hope everyone has a great Easter, and look forward to meeting all you CYMKivitsi out there!

## St. John's Sr. CYMK, Edmonton, Alberta

*Larissa Pohoresky, Co-President*

Slava Isusu Khrystu!

Does anyone know what happens when winter rolls in?

St. John's Sr. CYMK knows … it's time for Rizdvo! And Malanka! And Valentine's Day! And more!
Along with those holidays, St. John's CYMK knows that it's time for a multitude of activities.

This year we have been quite busy. As per the last few years, we hosted a masquerade night for the younger children of the parish in November. We played games, sang songs, and watched movies… dressed up as folktale characters. This year the ever-common kytsia (cat) was met by Chervona Shapochka (Little Red Riding Hood), and Punio Dovho-nees (Pinocchio). Nicely done CYMKivtsi!

Closer to Rizdvo, CYMK had a winter-fun day. We made kolachi, sang our favorite koliady as well as learned some new ones, had a gift-exchange, went on a sleigh-ride, and ended the day with a vatra. Some of our members also went caroling on the 7th. At Malanka we participated in the "traditional" skit, and caroled from table to table during the dinner. Some boys were exceptional performers… who knew they could make such convincing girls! Malanka is definitely my favorite part of the winter season.
In February CYMK handed out handwritten "heart"-warming messages, complete with a chocolate kiss. On the Family Day long weekend, a number of our members headed off to Calgary for their Alberta Winter Zustrich themed "Then and Now". It was a wonderful weekend, complete with the old CYMK vpravy (exercises), singing, discussions, chair-throwing games, Taras Bul'ba, curling, a zabava, the Divine Liturgy, and more! We had an amazing weekend… thank you to Calgary CYMK for hosting us!
We also hosted a fashion show at the church. We had many shirts and blouses from Ukraine to show off, as well as necklaces, costumes, and sports uniforms and tracksuits. Thank you to Orbit for allowing us to wear some of their clothing, and to everyone who helped out. A fashion show is hard work! I'm so glad I'm not a model… those quick changes are murder.

With all these activities, it's unbelievable that we manage to have any free time! But wait! There's more! CYMK has also been helping out in the kitchen, holding food drives, and making their mark in the parish. Next up on the list, organizing and running Pysanka BINGO (moneys raised will go to Project Slukh) and in May… ZUSTRICH 2007!

## Long Branch CYMK

*Pani Daria Olynyk, Jr. CYMK Advisor*

On Sunday, January 28, 2007, the Jr. CYMKivtsi at Long Branch church held a Varenyky Making workshop.

Using dough, "tisto", provided by our Senior's group and with the skilled instruction provided by the ladies from our UWAC (Sophia Rusova) branch, we spent an enjoyable afternoon learning the fine art of varenyky making. CYMKivtsi did everything - from rolling and cutting out the dough to boiling the finished varenyky.

Some CYMKivtsi decided to try their hand at flipping the dough "pizza style", some tried rolling the edges of their varenyky "kolach" style, and some just rolled up their sleeves as they used their hands (gloved, of course) to cover the cooked varenyky with sautéed onions.

At the end of the workshop, young and old sat down and helped themselves to a delicious plate of homemade, lovingly prepared and delicious varenyky! A special thanks to the seniors and the ladies of the UWAC for their help.

Now to find the time to make those delicious varenyky at home!

## Biography of CYMK Founder to be launched at CYMK 75th National Convention

"...When I stood on the steps of the train, the group of about one hundred that had assembled shouted the CYMK call!! I took off my hat, tears came to my eyes... sad to leave such good friends that I'd made in a short time... The train began to move, the sound of the whistle and the noise of the engine... the wheels squealed and [the group] slowly disappeared from view, never to be forgotten - Edmonton and the dancers!!!!"

In memory of Pavlo Romanovich Yavorsky - CYMK founder, Ukrainian ballet master and lifelong champion of Ukrainian heritage and culture - and in recognition of the 75th anniversary of the Canadian Ukrainian Youth Association, 'Show Them What You Can Do' ~ Building the Ukrainian Spirit Across Canada: An Illustrated Biography of Pavlo Romanovich Yavorsky' will be launched at CYMK's national convention in Winnipeg, August 8-12, 2007.

Produced by Pavlo Yavorsky's daughters, the 112-page full-colour large-format (8.5"x11") book contains his writings and more than 275 images of artifacts, photographs and documents compiled from the family's private collection as well as the 'Paul Yavorsky fonds' at Library and Archives Canada. Text includes translated excerpts from 'Starymy Stezhkamy/Bygone Pathways' - Pavlo's published memoirs - as well as journal entries from 1932-1937 when he organized CYMK branches in British Columbia, Alberta, Saskatchewan, Manitoba, Ontario and Eastern Canada and from 1938-1939, when he travelled with Vasile Avramenko as dance instructor, performer, publicist and fund-raiser for the Avramenko/Edgar G. Ulmer feature film, 'Cossacks in Exile'. In later years, over several decades, Pavlo was a columnist in the Ukrainian Voice and contributed to Promin and other Ukrainian publications, writing on varied topics of significance to a Ukrainian-Canadian readership: multiculturalism, arts and literature, history, politics and current events.

Generous funding assistance toward printing of his biography was provided by the SUS Foundation of Canada and is gratefully acknowledged here.

'Show Them What You Can Do' is available by mail-order in hardcover (limited edition of 100 numbered copies) or softcover, with proceeds from book sales going toward the Pavlo Romanovich Yavorsky Ukrainian-Canadian Youth Scholarship fund. For more information, e-mail: theword@ezlink.ca

# Ukrainian Women's Association of Canada, Kniahynia Olha Branch at St. Michael's Parish, Edmonton Alberta

## *Annual Report*

On December 4th, 2006, the Ukrainian Women's Association of Canada, Kniahynia Olha Branch in Edmonton, Alberta held its annual meeting in St. Michael's Parish Auditorium. The meeting opened with a prayer followed by a moment of silence to commemorate our deceased members. Our meetings are held every second month, which proved very successful.

The Kniahynia Olha Branch consists of 75 members. On March 18 and 19 we celebrated our 45th anniversary at which 25 sixty-one year members were recognized with a pin and certificate for their long-time membership. Our four founding members were awarded honourary membership to UWAC.

A memorial plaque in honour of all our deceased members, listing their names and dates of passing, was blessed at a memorial service on March 18, 2006.

Our Branch continues to provide catering services for all church functions and hall rentals. Consequently our members were required to attend a Catering and Food Handlers Course, which provided them with certificates upon completion.

We regularly send delegates to the CYC National Convention and the Northeast Conference in Alberta.

We sponsor and pay the fees for children to attend Camp Bar-V-Nok. This year two children attended.

Our members organize a St. Nicholas concert. Gifts and treats are presented to all the children who attend.

Our Branch supports Promin by submitting articles and donations in memory of deceased members, as well as on the occasion of birthdays or anniversaries. We also submit a brief report of our yearly activities along with a donation.

Our fundraising consists of making and selling perohy, raffles, Easter and Christmas baazars. We also provide a Holy Easter Dinner and a Christmas Eve Supper. This year Edmonton's City TV filmed the occasion.

Some of our donations were directed to St. Michael's Parish for the purchase of Braille for the son of Rev. and Dobr. Podtepa, whose eyesight is damages, breast cancer, Ukrainian Bilingual School for their grade 6 graduation, Camp Bar-V-Nok, Sunday school and cooks.

Our executive for the year 2007 is as follows:

Past president - Dorothy Stadniak
President - Mary Anne Ewchuk
First Vice-president - Dobr. Betty Sawchenko
Second Vice-president - Dorothy Stadniak
Recording secretary - Irene Topolnitsky
Vice-recording secretary - volunteer
Treasurer - Karen Feniuk
Vice-treasurer - Helen Klimchuk
Board of Control - Olga Andrichuk, Liz Maybroda, Rose Wowk

Committee heads:
Benevolent - Helen Repka
Church - Olga Zacherniuk, Helen Fediuk
Telephone - Olga Andrichuk
Sunday Fellowship - Irene Topolnitsky
Membership - Olga Laskiwsky
Baazar -Olga Betay, Rose Wowk
Head cook - Helen Fediuk
Sunday School teachers - Donna Popowicz, Monique Danyluk
Nursing Home - Marie Holden
Promin - Francis Tarnowetz
Library - Francis Tarnowetz, Mary Rozak
Museum - Shirley Wozimersky
Nominating - Mary Ann Palamark

Enclosed is $25.00 to the Promin Press Fund

*Submitted by Francis Tarnowetz*
*Promin Representative*

# The remarkable Lucyks of Radisson

*Lily Lucyk has been a subscriber to Promin since its inception and has always played an active role in the UWAC. Lily and William will celebrate their 74th anniversary this September. Here, summarized, are the stories of their long and interesting lives. (From information provided by daughter Zora).*

**Lily Lucyk, 96**

Lily Lucyk was born in Radisson, March 20 1911. She was raised in Hafford, attending elementary school there and part of high school, which she completed in Saskatoon combined with a secretarial course. She worked in her father's business as bookkeeper until her marriage September 3, 1933. She then moved to Whitkow, Saskatchewan (near North Battleford) where she helped husband, William, with his dry goods store while he taught, and was a councillor of Rabbit Lake District .

In 1945, the couple moved to Hafford, where William was involved with business and Lily supported him and helped him in business as well as being his bookkeeper. Lily became involved as a Girl Guide assistant to the Captain in Hafford and attended summer camps as a volunteer with the N. Battleford Guides at Meota Lake and assisted her son with his Scout activities. Lily was a member of the Women's Association of the Ukrainian Orthodox Church in Hafford and was secretary of the Provincial Executive of the UWAC. She curled at one time and took part in social activities in Hafford, and was a great volunteer when baking was required. She supported her children through the Home and School Association. In 1965, the couple moved to Radisson, after William retired from his electrical and building contractor work, but they still were able to continue working: they bought a MacLeods hardware store and Lily directed the business every day, and was in charge if William was helping farmers with installation of furnaces or small electrical work.

Lily was always an avid gardener and took part in the Radisson Agricultural Fair and won lovely awards for her vegetables, flowers and arrangements. She also helped new wives settling in the town with their flower gardens by sharing many perennials and other plants from her garden. She had a beautiful vegetable garden and supplied many friends and passers-by with vegetables, raspberries and crabapples. Unable to work in the garden at this time, she still delights in reading the McFadden Seed Catalogue and Gardening magazines.

It was the rarest of days that Lily got upset; she is stoic, stalwart, patient, hardworking and a great Saskatchewan pioneer.

**William Lucyk, 101**

William Lucyk was born near the turn of last century. He helped his dad with oxen; he was the mechanical son, yet was not inspired to work on the farm, nor did parents want that for him. William was a teacher during the depression. He boarded with different families as they did not have money to pay him. He made wonderful Christmas Concerts; this was the only entertainment around, and a teacher was also judged by his concerts. He taught himself how to play the mandolin and had a mandolin orchestra.

Last Christmas time, a lady from North Battleford, Kay Tkatchuk, now in her 80s, drove out to Radisson with another family friend, Wanda Bahrey, who was a nanny for the family (While William was a teacher and a councilman, Lily looked after the store in Redfield by Whitkow). By giving this young girl a job, the couple

helped her family who had just come from Poland and were living in a boxcar. Wanda says if not for the couple bringing them extra food, they may have not made the winter. Wanda was inspired by William who mentored her to take up teaching. Having read about the couple's 70th Wedding Anniversary two years ago in a North Battleford paper, Kay contacted William and a year later, last Christmas, on January 3, she came with Wanda to Radisson. Kay had not seen William since she was 9 or 10 yrs old, and how she remembered him over the years as being a very good teacher!

William has a story in which he was helping the kids to make a few extra cents: he would take them out to drown gophers, and they would get a few pennies for each tail. The superintendent came around and asked William, who was short, to point out the teacher. William said, it was he. In some schools, he had over 50 pupils, sometimes 60 and once 70. He coped by having the older kids help teach the little ones. He once answered an ad for a teacher who was a disciplinarian. When he was met at the station, the farmer and board member greeted him with, "We asked for a disciplinarian". He decided to do his best and teach this board something, but he wouldn't stay -- teachers would leave after a short time. He put a small mirror in the corner so that while writing on the blackboard, he could check to see who the trouble maker was. It turned out to be a large boy and the son of the trustee. After a few warnings, he walked up to the boy and, with all his energy, lifted him by the back of his shirt collar and took him across the aisle to his desk. This established some respect and this boy changed. A few weeks later, the trustee came asking William to sign a contract with him, stating he heard good things about the classroom. William said he was not staying as he was told at the station that they wanted a disciplinarian. The trustee pleaded with him and they eventually agreed to $500-600, which was a lot of money then. William taught the year, the troublemaker became his assistant and all went well!

William should have gone to University, but instead he helped his four sisters achieve a higher education, and three of them went to Teachers College. He no doubt would have been an engineer as he had such an aptitude for electricity, learning it from books and then taking his journeyman's exam without any practical work. He also might have been good at architecture -- he liked reading all the plans when he was in his building phase. The school had twice been built by William.

He would check on the Hospital in Wakaw, or the seniors home north of Meadow Lake. Simply too honest and too good to make a lot of money in contracting, he enjoyed a lot of satisfaction from helping. Many, especially with his electrical business, never paid him.

Always wanting to learn himself, he was strict but fair with his children. They could not use the car until they could show him that they could change the tire.

He is still lucid and witty; only a little hard of hearing, having lost hearing while working with the caterpillar tractors (they did not wear the protective earphones then). He just finished his shift when one of his workers arrived drunk. William would not allow the man to work but did another long shift and since then has had hearing problems.

In his 60s, William developed ear problems. Doctors told him there was nothing that could be done and he should learn to live with it. The nausea made him vomit at times and he had loss of balance. He went to the library in Saskatoon and researched the first known nutritionist, Adele Davis, and bought the suggested powdered supplements from the health food store. He drank this and got better. Since then knew he had to be in charge of his own health and read many books on nutrition. He says if it wasn't for supplements, he would not be alive today.

His father was in the Austro-Prussian war as young man. During his time in the cavalry, he fell and broke his arm, which was not as functional as required. Having understood some German, he overheard that he was going to be left behind or shot as he was not as useful. He escaped from that camp and gradually made it to Canada. He had many brothers in Ukraine and they had a tsymbaly orchestra. The father came twice to Canada to fetch his son back to Ukraine, especially when he saw how William's father was living in a sod house. William's father would not return and by the second visit, he had married a young Ukrainian girl who also came out to Canada alone. They were employed by German people near Rosthern, but then settled at Fish Creek where William was born, by a large hill near a sacred and historic spot.

For his high school, he went to college in Prince Albert and stayed in a Presbyterian Boarding school where he got more time off by learning recitations. The childless couple in charge of the school wanted to adopt him, but his parents would not hear of it. As a child he played a lot of tricks. Once when his parents were working in the field, a older lady, Mrs. Saganski, was asked to baby sit him and his older brother John (2 1/2 years older). The boys had fun and William lured the

lady into the chicken coop and then they locked her in for awhile so that they could play and do what they wanted.

William turned 101 years old on January 3, 2007. He was born in the historic area of Batoche and Fish Creek, Saskatchewan, and raised in Krydor, near Blaine Lake. A teacher, a developer (he built the hospital in Hafford and many schools in the area), he brought power to the town of Hafford before the province did, when farmers desperately needed water for their animals. He built them dugouts, wired their farms and always helped his neighbours. Before there was ambulance care service in the province, because he had a station wagon, the Hafford Hospital used to call on him to drive critical patients to a Saskatoon hospital, often at night after hard day's work.

After retiring from Hafford and living in Radisson, being an electrician and handyman, he used to answer calls in the cold winter nights when furnaces would stop. He drove elderly people to the hospitals. His volunteering was endless in wishing to help his neighbour. His community service is endless.

At 85 years of age, he was asked to chair the Housing Board in Radisson. A few years ago he was asked to be a scrutineer for the election. Over the years he was a returning officer and assisted in many elections, saying he has never missed a vote as he feels this is his civic duty.

A few years ago he drove to Rabbit Lake and checked out the culverts on the roads -- they are still standing. During the depression as a young teacher and councilman he helped the farmers save their farms from being taken over by the banks as money was scarce to pay taxes. He organized farmers to bring their horses and equipment to carry stones and small boulders and they made culverts for the roads. After keeping track of their hours and work, he then wrote to the government so that this work could cover their taxes.

At 101, he is still in his own home with Lily, tends to the garden, fruit trees, picks pails of fruit to deliver to his neighbours and still offers to help widows rototill their gardens.

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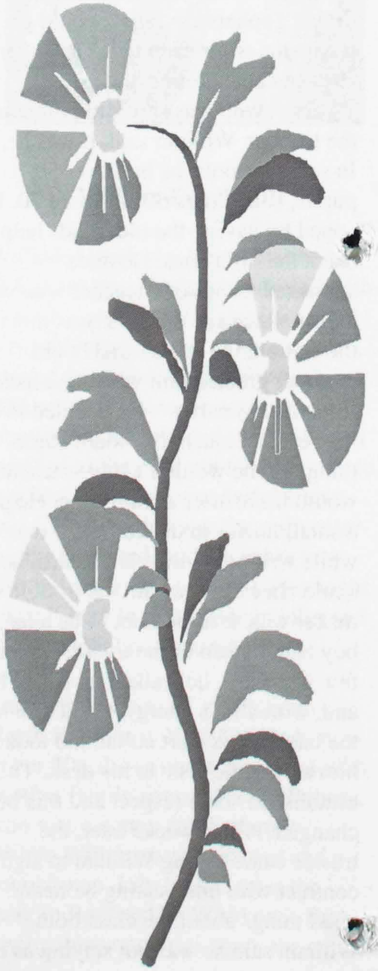
**MARY, Our Cause of Rejoicing**
**Continued from page 15**

It is not a theological proposition, but a simple fact, that God became man, He became what you and I are in everything except our sin. And for that to be possible, He needed a mother. The honors and prerogatives given to her during His earthly life must pale compared to those accorded to her now that He is seated at the right hand of His Father on the throne of glory, bearing the flesh and the blood which He took from her. Her flesh and blood given to Him, her Son, sits at the right hand of the Father and is accorded worship by thousands of angels and ten thousands of archangels - her flesh and blood, the flesh and blood of Adam, the flesh and blood which you and I share with her, and because of her, with our God.

It is no accident, then, that our Lord's first miracle, at the wedding in Cana, was worked at her intercession. And at her intercession, although the wedding reception is nearly over, He makes over a hundred gallons of the very best wine. When His mother asks, He pours forth His grace abundantly and richly. Who would do less, at the request of his mother? Thus Mary has what the hymnographers call "motherly boldness" in interceding with Christ - and as our mother also, she is always ready to intercede on our behalf.

Mary is our boast, our cause of rejoicing, our sister, our mother, and most of all, our intercessor. Let us honour her, love her, and bring our needs before her with the innocent confidence of children who know that their mother will meet their needs with love.



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# Last survivor of Canadian Internment Operations, Mary Manko Haskett, dies

The last known survivor of Canada's first national internment operations of 1914-1920, Mary Manko Haskett, died on July 14 at a senior's residence in Mississauga, Ontario. She was 98.

Born Mary Manko, in Montreal, she was only 6 years old when she was transported to the Abitibi region of north-central Quebec, to the Spirit Lake concentration camp. So-called "enemy aliens," mostly Ukrainians who emigrated to the Dominion from the Austro-Hungarian Empire, were held there not because of anything they had done but only because of who they were, where they had come from. Most internees were forced to do heavy labour for the profit of their jailers, had their wealth confiscated, and were subjected to other state-sanctioned indignities, including disenfranchisement. Mary's younger sister, Nellie, died at the Spirit Lake camp.

For years, Mary served as the honourary chairwoman of the National Redress Council of the Ukrainian Canadian Civil Liberties Association. She was committed to ensuring that what happened to her and thousands of other innocents would be remembered. Despite being a victim, Mary never sought an apology for the wrongs done to her, nor personal compensation for herself or any of the descendents of the internees. Instead she asked the community to try and secure an acknowledgement of what happened and a restitution of the contemporary value of the internees' confiscated wealth and forced labour, that money to be placed in a community-managed endowment fund to be used for educational and commemorative initiatives to help ensure that no other Canadian ethnic, religious or racial minority would ever again suffer what Ukrainians once did.

Although Royal Assent was given to Conservative MP Inky Mark's Bill C 331 - The Internment of Persons of Ukrainian Origin Recognition Act, 25 November 2005, the Government of Canada has not yet met its legal obligation to negotiate a unique Ukrainian Canadian Redress and Reconciliation Settlement.

Commenting on Mary Manko's passing, UCCLA's director of research, Dr Lubomyr Luciuk, said:

" We always hoped we would secure a timely and honourable redress settlement that Mary could bear witness to as the last known survivor of Canada's first national internment operations. We grew especially hopeful after Stephen Harper, then Leader of the Opposition, and now the Prime Minister of Canada, endorsed Bill C 331 in the House of Commons in March 2005, saying that he too hoped Mary would be alive to see this matter resolved. Unfortunately, despite our best efforts, that did not happen. But we remain committed to Mary's cause. Negotiations toward a settlement should begin when we meet with the Minister of Canadian Heritage, the Honourable Bev Oda, and the Secretary of Sate for Multiculturalism, Mr Jason Kenney, on 30 July. We are calling upon the Prime Minister to intervene and make sure that our deliberations lead to the kind of settlement Mary always hoped we would secure. It is truly sad that she won't be with us to see how the wrongs done to her, and so many other Europeans, are finally undone. But at least she knew that we will never give up until that just end is reached."

# БУДУЄМО "НОВЕ ПОКОЛІННЯ"!

## (Звідомлення про працю проетку "Help Us Help the Children")

Висловлюємо щиросердечну подяку всім жертводавцям за добросердечність, зрозуміння та респект до наших завдань "Доброго діла" - гуманітарної праці "Help Us Help the Children". Сьогодні маємо нагоду поділитися з Вами нашими плянами праці проекту.

Ми об'їжджаємо всі області України з гуманітарною допомогою до сирітських будинків та шпиталів. Буває, що радість і журба викликає у нас різні думки. Але політично-економічна ситуація України сьогодні є ще дуже складна. За 15 літ незалежності не закріплено вповні української державності. Передаючи матеріальну гуманітарну поміч дітям-сиротам в потребі, стараємося вирощувати на Україні красу, добро, любов до Бога і народу. На здобутках нашої української спадщини в Канаді сьогоднішнє професійне покоління і наші студенти стараються подарувати краще майбутнє для нашого народу. Багато добровольців виросло в нашій громаді. Згадуємо будівничих виховників релігійно-громадського життя, з вдячністю схиляємо голови перед їх взірцем жертвенної праці, яка була і є прикладом для сучасних і майбутніх поколінь. Добровольці "Help Us Help the Children" - уродженці Канади - щасливі, що виростали в українській громаді, церкві, школі та молодіжних організаціях, де навчилися любити свій народ, нашу громаду та Україну - країну наших предків. Ми дякуємо нашим родичам, церкві, українській громаді та канадській суспільності за моральну і матеріяльну підтримку нашої організації.

Ми оптимістично дивимося на наші майбутні завдання в ім'я справжньої волі України і її дітей. Вже багато років працюємо віддано, з щирою любов'ю , часто в дуже складних і несприятливих обставинах, але на щастя , в дружній атмосфері єдності поборюємо труди наших завдань.

В проекті працюють молоді люди доброї волі: професіоналісти, лікарі й фармацевти, вчителі та членкині ЛУКЖК. Я, як координатор проекту, ніколи не відчувала нарікань на складні умовини наших маршрутів до сирітських будинків - коли мете снігом і не видно дороги, чи через проливні дощі розмито болотнисті шляхи, також у тяжкій праці здобування фондів та мозольнійроботі при пакуванні контейнерів. Ми свідомі минулого, сучасного і діємо з далекосяжним поглядом у майбутнє.

Сьогоднішні обставини України вимагають від нас всіх єдності, взаємного розуміння, взаємної помочі. Справа української молоді, дітвори є так важлива, що ніяка жертва не може бути завелика. Ця праця дає нам моральне вдоволення і зміцнює нашу віру, що можемо виконати обов'язок нашого українського сумління і християнського милосердя.

Наш гуманітарний проект складається з трьох частин:

1) Поміч матеріальна
2) Розвиток дитини (підвищення едукаційного рівня і фінансово і самостійно).
3) Плекання національно-релігійної культурної спадщини

Ми самі буваємо на маршрутах у кожному запланованому будинку, де вручаємо дітям і виховникам медикаменти, нове або дуже маловживане убрання, тільки нове взуття, едукаційні забавки і українські книжки.

Нашу присутність тісно пов'язуємо з дітьми-сиротами і вихователями, впливаючи на розвиток національної свідомості. Тому великою втіхою для нас є те, що українська мова розвивається по сиротинцях, щоби діти почувалися собою, також самостійно думали і прагнули будувати краще завтра.

Після першої конференції в Моршині ми кожного року відбуваємо передтаборові вишколи з вихователями сирітськх будинків. Тепер багато вихователів працюють в літніх таборах, мають візію у праці, є прогрес у виховних плянах по сирітських будинках. Зворушливим для нас є той факт, що багато наших колишніх сиріт вже нині повертаються як добровольці з метою доброчинної праці. Це великий результат наших гуманітарних завдань. Також через наші маршрути, табори і вишколи дуже розвинулася сітка комунікацій між вихователями, виросли осяги

української освіти, і вже сьогодні маємо результати - студенти-сироти навчаються в Києво-Могилянській Академії, університетах і фахових інститутах. Ми дякуємо учителям -емеритам нашої рідної школи з Торонто, які колись учили нас і протягом довгих літ виділяють стипендії для дітей-сиріт України. Наша праця заохочує ширші кола молоді до праці над собою. Багато дітей зі сирітських будинків стали учасниками звичайних шкіл у своїх місцевостях проживання - залишили за собою задушні сирітські кляси.

Дещо про табори сиріт у Карпатах. Кожного року вони зростають чисельністю. Як приємно бачити скріплення взаємної помочі "Доброго діла" і релігійні практики в щоденному житті дітей, як виростають осяги українських звичаїв та побуту. У програму таборів введено історично-релігійні засоби обрядові традиції та звичаї, плекання зарадності та дружби. У природі творимо атмосферу широко-духових обріїв.

В тих обставинах табору ми впевнені, що пізнання всіх здобутків релігійно-культурної спадщини має великий вплив на світогляд дітей і це тісно пов'язує їх зі своїм народом. Діти у таборах з великою жадобою засвоюють релігійно-культурні вартості та плекають їх.

Добровольці "Help Us Help the Children" вірять, що тисячі сиріт, нові покоління готові прийняти визов до праці у відношенні до Бога і України. Складаємо щиросердечну подяку за Ваше розуміння, за моральну і матеряльну допомогу для нашого проекту - заради майбутнього України.

Для Вашої інформації: звіти нашої гуманітарної праці ми передаємо до Канадського Уряду, до Конґресу Українців Канади, до Фонду "Діти Чорнобиля" в Торонто та повідомлення до нашої преси. Нехай Господь благословить наші спільні зусилля, щоби вони увінчалися успіхом.

Ще раз щиро дякуємо за увагу і всі Ваші пожертви!

Слава Ісусу Христу!

*Координатор проекту*
*"Help Us Help the Children" -*
*Руслана Вжесневська*

# HELP US HELP THE CHILDREN

## Overview

Help Us Help The Children, a project of Children Of Chornobyl Canadian Fund, is a voluntary, non-profit charitable initiative dedicated to improving the quality of life of children living in orphanages in Ukraine. The purpose and mission of Help Us Help The Children centres on providing immediate aid to those most vulnerable in Ukraine - the children.

Help Us Help The Children consists of a dedicated core of volunteers who have committed significant time and energy towards achieving our missions. We are supported by private, institutional, corporate and government sponsors. Help Us Help The Children will ensure that the basic needs of disadvantaged and orphan children in Ukraine - many of them victims of Chornobyl disaster - are met.

## Key Principle

The key principle underlying our organization's mission is a strong belief in individual responsibility. This is manifested in everything we do:

Our organizational structure is based upon a model where relatively small teams carry a specific project through its various phases - each team is thus responsible for the results of their activities.
Specific individuals at each orphanage are made responsible for safekeeping and distribution of the resources we provide. Their incentives stem from the genuine concern for the children living in the orphanages and desire to secure continued aid from HUHTC.
We believe that in the long run, it is essential that today's orphans become tomorrow's productive and self-sufficient adults.
We believe that individuals can make a difference in creating a better world and that each of us is responsible for finding ways to achieve this.

## Guiding Values

Help Us Help The Children believes that each child should live free of hunger, poverty and isolation.

Help Us Help The Children is committed to ensuring that each child is provided with hope, love and the fundamentals of daily living.

## Sonia Violet Morris (nee Stratychuk)

With profound sadness the family announces the passing of Sonia Violet Morris (nee Stratychuk), 73, in Burnaby BC, on Thursday, April 5, 2007. She is survived by her loving husband, Barry; son, Paul Cipywnyk (Yumi Kosaka), Burnaby; daughter, Raissa (Bill) Choi; and grandchildren, Raya and Benjamin, Los Angeles. She leaves sister, Roma (Stefan) Franko, and nephews, Roman and Ivan, and their wives and children, all in Toronto. She was predeceased by her father, Roman (1986) and mother, Sonia (2001).

A community leader, teacher, promoter of multiculturalism, and supporter of educational and charitable causes, she will be remembered for her legacy of love, acceptance, nurturing and understanding. Her calm, caring approach to life, and her conviction that all people deserved respect and the freedom to achieve whatever they desired, inspired everyone she touched. From a pioneer childhood in a small town to a path-breaking career in education, she never forgot her Ukrainian roots, and after retiring, devoted her days to working on translations of Ukrainian literature into English.

Born November 23, 1933, in Windsor ON, Sonia completed primary education and high school in Canora SK, where she was the Canadian Legion Gold Medalist in 1951. Based on her educational record, she was selected for a Weston Tour of Great Britain in 1951. Qualifying for several scholarships, Sonia received a Bachelor of Arts with Great Distinction (1957) from McGill University, a Bachelor of Education with Great Distinction (1960) from the University of Saskatchewan, a Master of Education (1968) from the University of Saskatchewan and a Master of Philosophy (1976) from Columbia University, New York.

Beginning her career as a social worker in the late '50s, Sonia subsequently taught at the elementary and high school levels for the Saskatoon Public School Board from 1958-63. She then joined the College of Education at the University of Saskatchewan where she taught for 32 years, including roles as Head of the Department of Educational Psychology, Acting Assistant Dean of Undergraduate Programs, and Acting Head of the Department of Communications, Continuing and Vocational Education, capping her career with four years as Assistant Dean, Student Affairs. She edited several academic books, supervised or was a committee member for dozens of theses, published papers in proceedings of numerous conferences, gave many invited lectures, and wrote or collaborated on dozens of reports.

Inspired by her hard-working, community focused parents, Sonia's passion was promoting the Ukrainian language and culture within an overarching goal of fostering multiculturalism and battling racism in Canada and around the world.

She was a founding member of the Saskatchewan Teachers of Ukrainian where she contributed from 1968-2001, and an original member of the Ukrainian Curriculum Committee of the Saskatchewan Department of Education, on which she sat from 1968-79. Together with her sister Roma, she developed Ukrainian correspondence and audio-visual programs used by the Saskatchewan Department of Education. Sonia was Vice-Chair of both the Federal Minister's Advisory Committee on Minority Languages from 1978-80, and the Minister's Advisory Committee on Heritage Languages from 1981-85.

Sonia was Vice-Chair and Chair of the Saskatchewan Multicultural Advisory Council, and founder and President of the Saskatchewan Association fo Multicultural Education. Sonia devoted eight years to the Canadian Council for Multicultural and Intercultural Education, including four years as President. Other contributions included terms on the Saskatchewan Council of Cultural Organizations, and the Minister's Advisory Committee on Multicultural Legislation.

Sonia loved music and art, and many will remember her fine soprano voice and emotiva piano playing. She chaired sub-committees of the Minister's Advisory Committee on the Fine Arts in Education from 1975-80, and was Vice-Chair and Chair of the Saskatchewan Arts Board from 1992-2001.

Sonia spent many volunteer hours with the Ukrainian Orthodox Church of Canada, and helped establish the parish of All Saints in Saskatoon.

She was a leader in promoting educational exchange programs between the University of Saskatchewan and the Province of Saskatchewan, and the former Ukrainian SSR. She was overjoyed to see Ukraine gain its freedom, and helped arrange several pedagogical exchanges with Ukrainian universities.

Sonia received many awards, including the 2001 Saskatchewan Volunteer Award for Sport, Culture and Recreation.

Above all, she was a supportive wife to her devoted husband Barry, caring mother, and adoring grandmother. She enjoyed life to the fullest, and fulfilled her personal motto to help others be happy by allowing them to be free to make their own choices and decisions.

*Memory eternal!*

At Sonia's request, there was no public service. Memorial donations can be made to the Ukrainian Canadian Foundation of Taras Shevchenko, 202-952 Main St., Winnipeg MB R2W 3P4; the Canadian Cancer Society, Attention: Stephani Agg, CFRE, 565 West 10th Avenue, Vancouver BC V5Z 4J4; or Amnesty International, 312 Laurier Avenue East, Ottawa ON K1N 1H9.

## Katherine Malisky
## 1912 - 2006

On December 27, 2006, at the age of 94 Katherine Malisky peacefully fell asleep in the Lord at the Battleford's Regional Care where she had resided for the past few years.

Katherine was born on January 22, 1912 in the Whitkow area, to Nykola and Marianna (Horbay) Kowalsky who immigrated to Canada in 1911. Her parents taught her to read and write Ukrainian before she was of school age, and as a result she could read fluently before she started school. She attended Prosvita School till the end of grade eight, when, unfortunately, her mother's ill health did not permit her to continue any further.

In 1927 Katherine married Peter Malisky, a young Ukrainian immigrant, and they began a life of farming, first in the Whitkow district, then later moving into the Richard area.

All her life Katherine was involved in community and cultural work. Peter and Katherine were stalwart members of the Ukrainian Orthodox Church of Canada, and were involved in the building of the St. Volodymyr Church in Redfield Dominion where they were members until 1962. After moving to North Battleford they were members of St. John the Baptist UOC where Katherine was a member of the Sisterhood and Congregation secretary for many years. They were also members of the Petro Mohyla Ukrainian Institute in Saskatoon, and Katherine held membership in the Ukrainian Museum of Canada. In 1984, in memory of her husband, she set up a bursary for students of the Summer School Ukrainian Immersion Program at the Petro Mohyla Institute.

Katherine was a member of the Ukrainian Women's Association in Redfield/Dominion from 1927 to 1962 where she held various executive positions for a total of 17 years. She held the position of District Representative to the UWAC Provincial Executive for many years. She thoroughly enjoyed attending the conventions and various functions of the UWAC.

In North Battleford she became actively involved in other organizations as well. She helped reorganized the Ukrainian Canadian Committee in the Battlefords, and through her dedication the Battleford's Ukrainian Canadian Cultural Council was formed. She was on the Executive Committee, and was instrumental in developing the Ukrainian Heritage Day.

Both Peter and Katherine were involved in developing a Ukrainian thatched-roof house at the Battleford's Western Development Museum. Katherine helped with the upkeep, and planted and maintained the flower garden.

As president of the Ukrainian Historical Society from 1974 to 1985, she was on the Committee which developed the Ukrainian History Book enti-

tled "Follow the Furrow".

Because of her love of flowers and gardening, Katherine became a member of the Horticultural Society, which was her hobby. She took part in their shows, which brought her many trophies and ribbons.

For her many efforts and contributions to the community and Ukrainian culture, Katherine received two awards. In 1989 she received the Zone 7 Volunteer Recognition Award sponsored by the Parks, Recreation, and Culture Program of North Battleford. Then in 1996 she was a recipient of the UCC Nation Builders Award.

Katherine was predeceased by her husband Peter; her parents Nykola and Marianna Kowalsky; brother Peter; sister Anelia (Nellie) Nychyk; sister-in-law Natalie Kowalsky; brother-in-law Mike Nychyk; nephews: Gordon Nychyk and Victor Kowalsky; great-nephew Darrell Yuzik; and three infant siblings. Left to cherish her memory are: her sister Caroline (Bill) Tokarik of Kelowna, B.C.; her brother Tom Kowalsky of Speers SK; her sister-in-law Alice Kowalsky of Saskatoon SK; seven nieces, four nephews, eighteen great-nieces, sixteen great-nephews, seven great-great nieces, sixteen great-great nephews; many cousins, and distant relatives in Ukraine. She will always be remembered with love and respect by her family and friends.

The Panachyda was held on Monday, January 1, 2006 from the Garden Chapel of the Battlefords Funeral Service, and the Funeral Service on January 2 from St. John the Baptist Ukrainian Orthodox Church, with Rev. Father Taras Udod officiating, assisted by Sally Lazarowich and the Church choir. A memorial luncheon was served by members of UWAC, and internment was at St. Peter and Paul Cemetery in the Whitkow-Dominion district.

As per Katherine's bequest, donations were sent to Promin and Visnyk.

We gratefully acknowledge the donation of $500.00 sent by Katherine's family as per Katherine's bequest.

*Vichnaya Pamyat!*

*Respectfully submitted on behalf of the family by Zennia Yuzik*

As an everlasting wreath in loving memory of our dear mother **Florence Tymchuk**, who passed away May 15, 2007, please accept this donation of $25.00 to the Promin Press Fund.

*Вічна їй пам'ять!*

*Lillian Tymchuk and family*
*Stoney Creek, Ontario*

У світлу пам'ять нашої довголітньої членкині **Джені Зоні Німець**, яка упокоїлася 11-го червня, 2007 року, посилаємо $50 як нев'янучий вінок. Покійна Джені була членкинею поверх 43 років і брала участь в праці при віллілі доки здорв'я дозволило. Складаємо родині сердечні співчуття. Нехай Господь Бог оселить її душу у Царствім Небеснім.

*Вічна їй пам'ять!*

*Добр. Лариса Макаренко, голова*
*Ліна Смирнів, секретар*
*СУК Віддіял ім. Лесі Українки*
*Гамільтон, Онтаріо*

**Петро Маєвський**

У 26 річницю упокоєння дорогого мужа Петра Маєвського кладу нев'янучий вінок на його могилу, а в незабутню пам'ять складаю $30 долярів на журнал Промінь.

Нехай Господь Бог оселить душу спочилого Петра у Царстві Небесному. Канадська земля нехай буде йому легкою, а пам'ять про нього між нами вічною.

*Зіна Маєвська з синами*

The Ukrainian Women's Association, Lesia Ukrainka Branch of Dauphin MB is donating $80.00 as an everlasting wreath in memory of our long-standing members:

**Jean Shewchuk**, who passed away on March 25, 2007 at the age of 92 years

**Michalena (Lena) Kozar**, who passed away April 2, 2007 at the age of 90 years.

**Margaret Mayuk**, who passed away April 22, 2007at the age of 89 years.

**Anna Sytnick**, who passed away May 26, 2007 at the age of 87 years.

*May their memory be eternal!*
*Вічна їм пам'ять!*

*Jessie Maranchuk, president*
*Marian Gorchynski, secretary*

Минув рік (30.5.06) як відійшов у вічність, дуже несподівано, **протопресвітер Тимофій Міненко**. Залишив у смутки дружину, синів і внуків.

Трудився він багато для нашої Церкви - редактор "Вісника", професор Колегії св. Андрея о коло 30 років. В жовтні минулого року сповнилося 50 років його священства. Написав дві книжки, які продаються на ринку - одна про українську Церкви, друга про Канадійську Митрополію. Цю другу Колегія видала по смерті.

В його світлу пам'ять родина жертвує $200. Нехай Господь прийме його в світлі оселі і пошле вічную пам'ять!

*Добр. Анастасія*
*Вінніпеґ, Манітоба*

**Василь і Анна Василик**

У світлу незабутню пам′ять наших найдорощих родичів, які відійшли у вічнісь - батько, дідо, і прадідо, бл. пам. Василь Василик, який упокоївся 29-го листопада, 1971 р. - найдороща мама, бабка і прабабка, бл. пам. Анна Василик, яка упокоїлася 30-го червня, 2004 року - як нев′янучий вінок на їх могилу жертвуємо $100.00 на журнал Промінь.

Канадська земля нехай буде їм легкою, а пам′ять про них залишиться з нами на завжди.

Нехай Господь Бог оселить їх душі у Царстві Небеснім. Вічная пам′ять!

*Син Тарас і Ірина*
*Дочка Наталка, Богдан з родиною*

У четверту болючу річницю бл. пам. Макара Сушка, як нев'янучий вінок у його світлу пам'ять слкадаємо пожертву в сумі $25 на пресовий фонд Променя.

Пам'ять про дорогого нам мужа, батька і дідуся завжди буде з нами. Вічна йому пам'ять!

*Орися Сушко з родиою*
*Гамільтон, Онтаріо*

# Promin Press Fund

The donations listed in this section include all those received from August 1, 2006 to July 31, 2007. The Editorial Board gratefully acknowledges your generous donations in support of Promin. Without you, we would not be able to continue our 47 year tradition!

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# Summer Fruit Recipes

## Summer berry & avocado salad

*The unusual mix of blueberries, peaches and avocados adds wow to this salad, and it's also rich in fibre.*

*Makes 4 to 6 servings*

2 tbsp (30 mL) freshly squeezed lime or lemon juice
1 tsp (5 mL) honey
1 tsp (5 mL) ground cumin
1/4 cup (50 mL) olive oil
2 peaches
2 ripe avocados
6 oz (180 g) mesclun greens or baby spinach, about 12 cups (3 L)
1/2 pint blueberries or raspberries

1. In a small bowl, whisk lime juice with honey and cumin. Slowly whisk in oil until evenly mixed. Use right away or leave at room temperature several hours.

2. Just before serving, peel peaches, if you wish. Peel avocados and remove pits. Slice both into wedges and place in a large bowl with greens. Drizzle with dressing and toss to evenly mix. Arrange on plates and sprinkle with blueberries.

Nutrients per serving
2.4 g protein
19.6 g fat
15.2 g carbohydrates
5.1 g fibre
1.3 mg iron
35 mg calcium
17 mg sodium
230 calories

## Wild rice & peach salad

*Makes 5 cups*

1 cup (250 mL) wild rice
2-1/2 cups (625 mL) water
1-1/2 tsp (7 mL) salt
2 tbsp (30 mL) olive or other vegetable oil
1 tbsp (15 mL) freshly squeezed lemon or lime juice
1 minced garlic clove or 1 tsp (5 mL) bottled minced garlic
2 ripe peaches or nectarines or 1 ripe mango
2 to 3 green onions, thinly sliced
1/2 cup (125 mL) chopped Italian parsley or fresh coriander

1. Combine rice, water and 1 teaspoon (5 mL) salt in a large saucepan. Cover and bring to a boil. Then, reduce heat to low and simmer, covered, until rice is just tender, from 45 to 50 minutes. Drain, fluff with fork and turn into a large bowl. In a small bowl, whisk oil with lemon juice, garlic and 1/2 tsp (2 mL) salt. Stir into hot rice. Refrigerate, uncovered, until cool, about 30 minutes. Use right away or cover and refrigerate overnight.

2. Just before serving, dip each peach into boiling water for 30 to 60 seconds, then peel off skin. Dice peach and immediately stir into chilled rice mixture. Slice green onions and chop parsley. Stir into rice mixture. Salad will keep well for several hours and can be transported in a resealable plastic bag. Serve on a bed of greens with barbecued chicken.

Nutrients per 1/2 cup
3.3 g protein
5.7 g fat
20.1 g carbohydrates
.9 mg iron
22 mg calcium
139 calories

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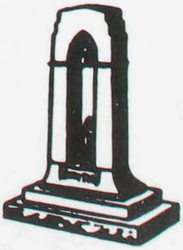

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